

Public Engagement Interview:

What specific health equipment do you use in your fitness routine?

- a) Treadmill
- b) Elliptical machine
- c) Weightlifting equipment
- d) Yoga mat and blocks
- e) Resistance bands

How often do you incorporate health equipment into your fitness routine?

- a) Daily
- b) Several times a week
- c) Once a week
- d) Rarely
- e) Never

What benefits have you noticed from using health equipment in your fitness routine?

- a) Improved endurance
- b) Increased strength
- c) Better flexibility
- d) Faster recovery
- e) All of the above

Do you use wearable technology, such as fitness trackers or heart rate monitors, during training or games?

- a) Yes, always
- b) Yes, sometimes
- c) No, never

Have you noticed any downsides or limitations to using health equipment in your fitness routine?

- a) Equipment can be expensive
- b) Equipment can take up a lot of space
- c) Equipment can be difficult to use correctly
- d) Equipment can cause injury if not used properly
- e) All of the above

Are there any specific brands or types of health equipment that you prefer?

- a) Yes
- b) No

How do you decide which health equipment to use in your fitness routine?

- a) Research and recommendations
- b) Personal experience
- c) Professional advice

- d) Cost
- e) Availability

Have you noticed any differences in performance or recovery since incorporating health equipment into your fitness routine?

- a) Yes, significant improvement
- b) Yes, slight improvement
- c) No, no noticeable difference
- d) No, performance has decreased

How important do you think it is for amateur soccer players to use health equipment in their fitness routines?

- a) Very important
- b) Somewhat important
- c) Not very important
- d) Not important at all

How often have you been injured or strained during football matches or training?

- a) Rarely
- b) Occasionally
- c) Frequently
- d) Almost always

What type of injury do you experience most often?

- a) Sprains
- b) Contusions
- c) Muscle strains
- d) Other (please specify) \_\_\_\_\_

Do you use any health equipment to treat your injuries or strains?

- a) Yes, always
- b) Yes, sometimes
- c) No, never
- d) I haven't been injured or strained yet.

For equipment:

What specific types of technology do you use in your health equipment?

- a) Artificial intelligence
- b) Virtual reality
- c) Biomechanics sensors
- d) None of the above

What benefits do you see from using the latest technology in your health equipment?

- a) Improved accuracy and efficiency
- b) More data for analysis
- c) Increased safety
- d) All of the above

How do you stay up-to-date on the latest health equipment technology?

- a) Research and reading
- b) Professional organizations and conferences
- c) Personal network
- d) Social media

Have you noticed any drawbacks or limitations to using experimental health equipment?

- a) Yes
- b) No

How do you evaluate the effectiveness of health equipment that incorporates the latest technology?

- a) Personal experience
- b) Professional advice
- c) Published studies and research
- d) Cost-benefit analysis

Do you think that the latest health equipment technology is worth the cost?

- a) Yes
- b) No

How do you see health equipment technology evolving in the next few years?

- a) More personalized and customizable
- b) Greater use of artificial intelligence and machine learning
- c) Improved safety and accuracy
- d) All of the above

What impact do you think artificial intelligence will have on health equipment?

- a) Improved accuracy and efficiency
- b) More personalized and customized
- c) Increased safety
- d) All of the above

How important is it to you that health equipment incorporates the latest technology?

- a) Very important
- b) Somewhat important
- c) Not very important
- d) Not important at all

I would like to express my sincere gratitude for taking the time to complete the questionnaire regarding your experience as an amateur soccer player. Your feedback is incredibly valuable and will help us better understand the needs and preferences of soccer players like you.

Your participation has been instrumental in advancing our research efforts, and we appreciate the thoughtful and insightful responses that you provided. We will carefully analyze your answers and use the information to inform future research and improve our understanding of the soccer experience for amateurs.