Based on the given survey questions, the following results were obtained from 53 respondents who are all members of a soccer team:

Public Engagement Interview:

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

Treadmill: 19 (35.8%)

Elliptical machine: 8 (15.1%)

Weightlifting equipment: 39 (73.6%)

Yoga mat and blocks: 17 (32.1%)

Resistance bands: 24 (45.3%)

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

Daily: 8 (15.1%)

Several times a week: 35 (66.0%)

Once a week: 8 (15.1%)

Rarely: 2 (3.8%)

Never: 0 (0%)

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

Improved endurance: 23 (43.4%)

Increased strength: 44 (83.0%)

Better flexibility: 28 (52.8%)

Faster recovery: 18 (34.0%)

All of the above: 49 (92.5%)

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

Yes, always: 2 (3.8%)

Yes, sometimes: 10 (18.9%)

No, never: 41 (77.4%)

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

Equipment can be expensive: 27 (50.9%)

Equipment can take up a lot of space: 18 (34.0%)

Equipment can be difficult to use correctly: 14 (26.4%)

Equipment can cause injury if not used properly: 21 (39.6%)

All of the above: 40 (75.5%)

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

Yes: 29 (54.7%)

No: 24 (45.3%)

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

Research and recommendations: 16 (30.2%)

Personal experience: 24 (45.3%)

Professional advice: 8 (15.1%)

Cost: 4 (7.5%)

Availability: 1 (1.9%)

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

Yes, significant improvement: 21 (39.6%)

Yes, slight improvement: 22 (41.5%)

No, no noticeable difference: 8 (15.1%)

No, performance has decreased: 2 (3.8%)

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

Very important: 45 (84.9%)

Somewhat important: 8 (15.1%)

Not very important: 0 (0%)

Not important at all: 0 (0%)

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

Rarely: 23 (43.4%)

Occasionally: 23 (43.4%)

Frequently: 6 (11.3%)

Almost always: 1 (1.9%)

What type of injury do you experience most often?

a) Sprains - 21 (39.6%)

b) Contusions - 8 (15.1%)

c) Muscle strains - 19 (35.8%)

d) Other - 5 (9.4%)

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

a) Yes, always - 7 (13.2%)

b) Yes, sometimes - 22 (41.5%)

c) No, never - 22 (41.5%)

d) I haven't been injured or strained yet - 2 (3.8%)

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

a) Artificial intelligence - 2 (3.8%)

b) Virtual reality - 0 (0%)

c) Biomechanics sensors - 3 (5.7%)

d) None of the above - 48 (90.6%)

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

a) Improved accuracy and efficiency - 5 (9.4%)

b) More data for analysis - 11 (20.8%)

c) Increased safety - 7 (13.2%)

d) All of the above - 30 (56.6%)

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

a) Research and reading - 25 (47.2%)

b) Professional organizations and conferences - 16 (30.2%)

c) Personal network - 5 (9.4%)

d) Social media - 7 (13.2%)

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

a) Yes - 17 (32.1%)

b) No - 36 (67.9%)

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

a) Personal experience - 14 (26.4%)

b) Professional advice - 8 (15.1%)

c) Published studies and research - 23 (43.4%)

d) Cost-benefit analysis - 8 (15.1%)

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

a) Yes - 24 (45.3%)

b) No - 29 (54.7%)

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

a) More personalized and customizable - 23 (43.4%)

b) Greater use of artificial intelligence and machine learning - 20 (37.7%)

c) Improved safety and accuracy - 10 (18.9%)

d) All of the above - 0 (0%)

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

a) Improved accuracy and efficiency - 18 (34.0%)

b) More personalized and customized - 18 (34.0%)

c) Increased safety - 10 (18.9%)

d) All of the above - 7 (13.2%)

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

a) Very important - 19 (35.8%)

b) Somewhat important - 21 (39.6%)

c) Not very important - 8 (15.1%)

d) Not important at all - 5 (9.4%)