

Pre-study Questionnaire

The questions in this questionnaire are related to participant's demographics, exercise and warm up preferences, and previous game and exergame experience.

***Required**

General questions.

This section covers some general questions.

1. What is your gender? *

Mark only one oval.

- ☐ Female
- ☐ Male

2. What is your age? *

3. What is the highest level of education you have completed? *

Mark only one oval.

- ☐ No schooling completed
- ☐ High school diploma
- ☐ Associate degree
- ☐ Bachelor's degree
- ☐ Master's degree
- ☐ Professional degree
- ☐ Doctorate degree
- ☐ Other: _____

Warm up related questions.

This section covers some general, sports and warm up related questions.

4. How often do you participate in sports and physical activity per week? *

Mark only one oval.

- ☐ 0 (irregularly, sometimes less than once per week)
- ☐ 1-2 per week
- ☐ 3-4 per week
- ☐ 5-6 per week
- ☐ 7-8 per week
- ☐ More

5. What kind of exercise do you normally do?*Tick all that apply.*

- ☐ Yoga
- ☐ Play sports
- ☐ Jogging
- ☐ Swimming
- ☐ Running
- ☐ Cycling
- ☐ Dancing
- ☐ Ice-skating
- ☐ Treadmills
- ☐ Anaerobic exercise, such as sit-ups, pull-ups and push-ups, squats and weight lifting
- ☐ Other: _____

6. How many hours does your sport session (training) last? **Mark only one oval.*

- ☐ Less than an hour
- ☐ 1 - 2 hours
- ☐ More than 2 hours
- ☐ More than 3 hours
- ☐ More than 4 hours (multiple training sessions)
- ☐ Other: _____

7. Most of the time, do you exercise... **Mark only one oval.*

- ☐ alone?
- ☐ with a friend (or friends)?
- ☐ in a group?

8. Do you always warm up before the exercise? **Mark only one oval.*

- ☐ Yes, I always warm up before the exercise. *Skip to question 10.*
- ☐ No, I do not always warm up before the exercise. *Skip to question 9.*

9. If you skip warm up exercises, what are the reasons for doing so? **Tick all that apply.*

- ☐ I don't have time for it
- ☐ It is a boring activity so I tend to skip it
- ☐ I don't think it is important
- ☐ I don't know how to warm up
- ☐ I don't feel comfortable warming up if other people are present
- ☐ No one warms up around me so I skip it too
- ☐ Other: _____

Questions related to your warm up preferences.

10. *

Mark only one oval per row.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Warm up before exercise is important for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After my warm up routine, I feel I am prepared for the physically more demanding activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Warm up before exercise can positively affect my performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Warm up before exercise can reduce the likelihood of an injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. Do you follow some recommended warm up procedure? **Mark only one oval.*

- ☐ Yes
- ☐ No *Skip to question 12.*

Questions related to warm up preferences.**12. When you warm up, how long does your warm up usually last? ****Mark only one oval.*

- ☐ Less than 1 minute
- ☐ Less than 5 minutes
- ☐ Between 5 and 10 minutes
- ☐ Between 10 and 15 minutes
- ☐ More than 15 minutes

13. What kind of warm up routine do you perform before sports activity? **Mark only one oval.*

- ☐ General (non specific) warm up
- ☐ Sport specific warm up (warm up reflects the type of movements and actions which will be required during the sporting event)
- ☐ Passive warm up (e.g., taking a hot shower, having a rubdown, sitting in the sun)

14. Do you prefer warming up in a group? **Mark only one oval.*

- ☐ Yes
- ☐ No

15. Do you prefer warming up when you are given instructions? **Mark only one oval.*

- ☐ Yes
- ☐ No

Game Related Questions

16. How often (on average) do you play video games ?*Mark only one oval.*

- ☐ Daily
- ☐ Few times per week
- ☐ Once per week
- ☐ Few times per month
- ☐ Once per month
- ☐ Few times per year
- ☐ Once per year or less

17. What are your favorite game genres?*Tick all that apply.*

- ☐ First-Person Shooters
- ☐ Third-Person Shooters
- ☐ Fighting
- ☐ Real-time Strategy
- ☐ Turn-based Strategy
- ☐ Role-playing games
- ☐ Adventure games
- ☐ Action-adventures
- ☐ Racing games
- ☐ Sports
- ☐ Simulation
- ☐ Party games
- ☐ Music games
- ☐ Casual games
- ☐ Puzzle games
- ☐ Digital board games
- ☐ Serious games
- ☐ Other: _____

18. Rate your previous experience with the Microsoft Kinect games.*Mark only one oval.*

	1	2	3	4	5	
No prior experience with it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have a lot of experience with it

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