



Outdoor Sports in Nature for Skills Development (OUTSPO)



Co-funded by the
Erasmus+ Programme
of the European Union

Outdoor Sports in Nature for Skills Development (OUTSPO Project)

Survey (WP n. 2)

What is outdoor physical activity in your opinion?

- All those that take place in nature, in a natural environment
- All those that take place in a large outdoor space
- I'm not clear on the answer

How active children should be (how many times per week)?

- Once a week
- Three a week
- More than three a week
- Every day
- I'm not clear on the answer

How active adult should be (how many times per week)?

- Once a week
- Three a week
- More than three a week
- Every day
- I'm not clear on the answer

Have you ever regularly practiced physical activity or sports?

- Yes
- No

If you answer yes...What was the reason for this practice?

- I liked to exercise myself (I enjoy and/or I feel healthy)
- I liked to exercise for my friends/family
- Forced me to exercise
- I don't remember the reasons

Did you have period in your life, when you were less active (for instance, pandemic period) and if yes, what was the reason?

Answer _____

Do you think you are as active as you could be now (after pandemic situation)?

Yes

No

If answer is yes... what is the reason?

Answer _____

How do you feel about your current physical and emotional health level?

1 unsatisfying

2

3

4

5 Satisfying

What are the main obstacles/barriers for you to engage in sport activities?

Answer _____

What could be the main facilitators for you to engage in sport activities?

Answer _____

What are your favorite physical activities? Why?

Answer _____

Do you prefer to do physical activities by yourself or with support from trainer and/or mobile application?

By myself

I need support from trainer

I prefer to use mobile application

What would be your ideal time schedule (how often per week, length of training, and time (morning, evening, weekend etc.) for sports activities?

Answer _____

What would be the main reason for you to start/restart doing sports activities?

Answer _____

What kind of topics in outdoor sports event you would like to see?

Answer _____