



Survey about sport activity and outdoor sport (WP 2)

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Introduction

Outdoor Sports in Nature for Skills Development (OUTSPO) is a “Partnerships for collaboration ” project to encourage participation in sport and physical activity in nature as well as to promote voluntary activities in sports. Furthermore, in the 2017 Eurobarometer survey (European Commission, 2018) the main motivations for participation in sport or physical activity are improved health (54%) and fitness (47%). Thus, monitoring may also be an efficient strategy to promote participation in physical activity and sport, as it is strictly related to health (more than physical activity) and provides individual perspective on one’s evolution.

This project ultimately aims to encourage participation in sport and physical activity in nature, especially by supporting the implementation of European Union (EU) policy documents in the field of sport and other relevant policy areas such as recommendations, guidelines, policy strategies, and the implementation of the Council Recommendation on health-enhancing physical activity (HEPA).

Objective of the project :

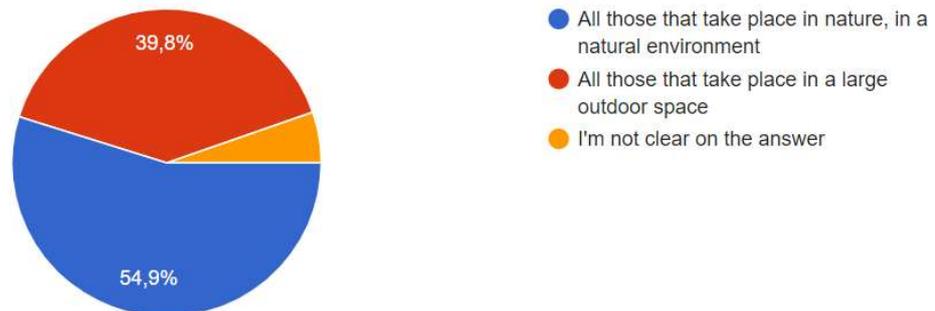
- To create a sustainable network of organizations specialized in the usage outdoor sports in nature
- To share, develop and create a collection of good practices related to the outdoor sport in contact with nature
- To exchange and share ideas and good practice in the different partner countries related to benefits of outdoor sports in nature
- To promote and increase the power of outdoor sport in nature as an educational tool for skills development at local, national and international level
- To create a handbook with the benefits and skills get practising outdoor sports in nature in the five broad categories: physical health, mental health and wellbeing, education and lifelong learning, active citizenship and anti-social behavior

- creation of a guideline for sustainable sporting events in order to reduce the environmental impact of sporting activities (organization of events, management of facility, etc)

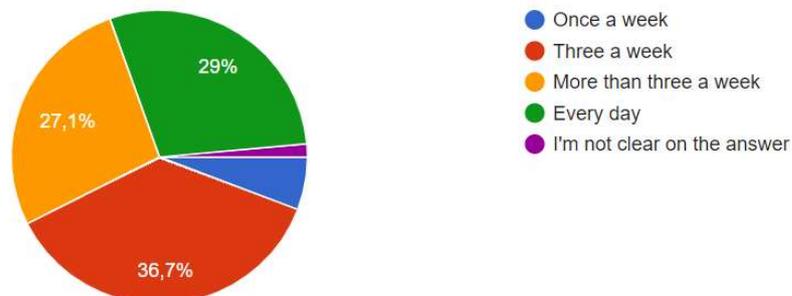
Survey results

During survey phase, have been received answers from 207 participants and survey has been developed by APS ASD Margherita Sport e Vita. Below are summarized all questions and the most popular and important answers.

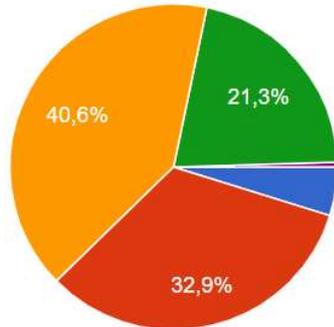
What is outdoor physical activity in your opinion?



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

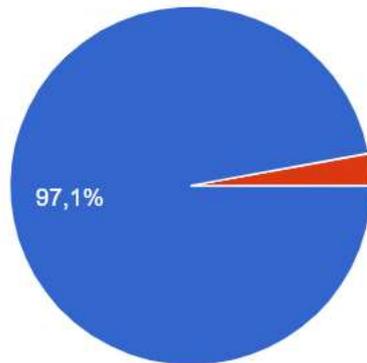


How active adult should be (how many times per week)?



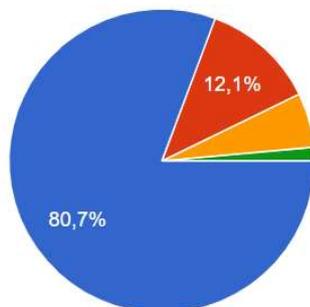
- Once a week
- Three a week
- More than three a week
- Every day
- I'm not clear on the answer

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

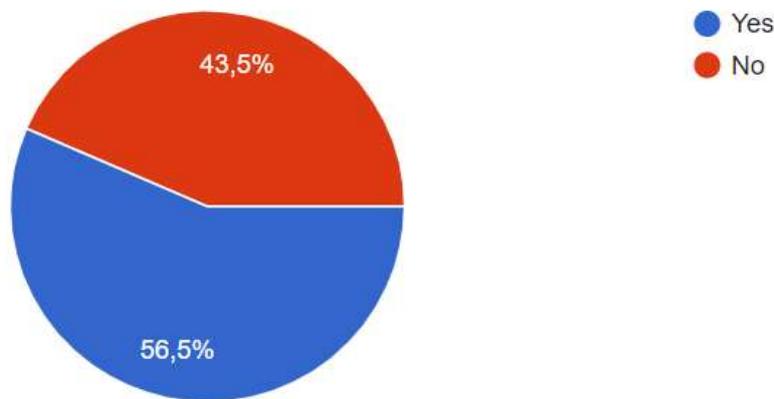
Did you have period in your life, when you were less active (for instance, pandemic period) and if yes, what was the reason?

90% participants have replied that they had less active time period in their lives. The reasons were following:

Pandemic	Motivation
Pandemic period	<ul style="list-style-type: none"> ▪ Emotional block ▪ Demotivation ▪ Lack of will ▪ Lack of motivation. ▪ I wasn't motivated... ▪ I was sad
Health related issues	Time management
<ul style="list-style-type: none"> ▪ Injury ▪ Yes, because of medical recommendation ▪ Yes, didn't feel to workout, mental health issues 	<ul style="list-style-type: none"> ▪ Lesson ▪ Yes, when I have tests ▪ Work situation ▪ Yes because i had a lot of issues ▪ Inconstancy ▪ Highschool period ▪ Holidays ▪ Yes because i had a lot of issues ▪ Time ▪ During and after pregnancy ▪ Yes, in my 20's because of the job ▪ Short time for work overload ▪ For working and living in another country ▪ Bad routine ▪ Organizational aspects ▪ Parenthood ▪ Weather conditions

	<ul style="list-style-type: none"> ▪ Yes. Too much work and no time ▪ Conditions
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Do you think you are as active as you could be now (after pandemic situation)?



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

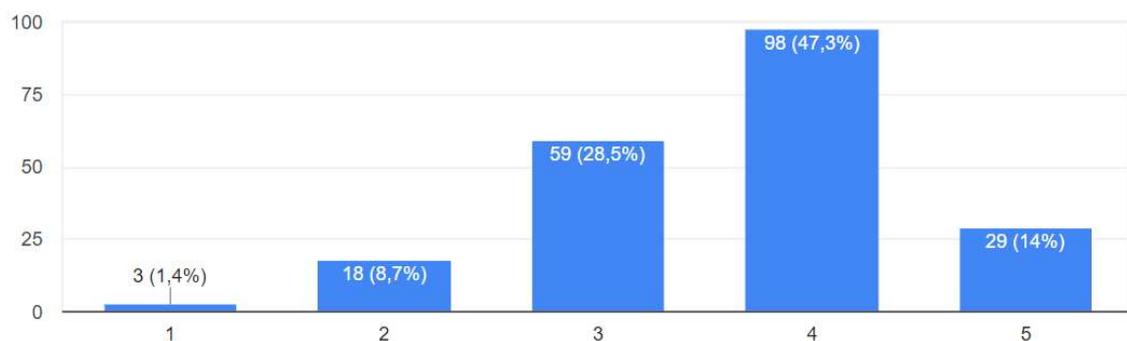
- I like doing sports
- Need to exercise
- Because I enjoy of doing that.
- Because now I have a different focus in the sport
- I like the feeling of exercising
- Because i want
- I play a lot of sports in college and beyond, I like to stay active and I play football and gym
- Because I want to be healthy
- I need it
- Because the gym is open
- I always can do more and more, through the limit
- Motivation

- To feel good with myself
- Yes, because after the pandemic I had to be as active as before to be at the highest level
- Because I am not in the same shape
- I enjoy and I feel healthy
- To motivate and inspire my family members mainly and hopefully people outside my family
- Sports and exercises have to be part of the week plan

If answer is no... what was the reason?

- Demotivation
- Emotional block
- Inconstancy
- Legal Restriction
- No, I guess I have to recover my normal conditions
- I started working nights and don't have much time to sports
- Schedule because of work and university
- It's impossible for me right now

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



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

- Few qualified instructors
- Few sports facilities
- Laziness
- Disinterest
- Nothing
- Work
- Lack of time
- Costs for sport training programs
- Distance
- Injury
- Schedule
- Mental Strength
- Laziness
- My family difficult situation and other responsibilities
- Health problems
- Lack of time
- People around
- Mental health
- Relationships that broke my heart
- Relationships
- Will
- My confidence
- Lack of motivation
- My parents
- Don' t like some sports
- Time and economic factors in this moment of life every family has a lot of difficulty
- I feel tired
- Few sport facilities
- Work and travelling
- Find balance between personal life, work, sports...

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

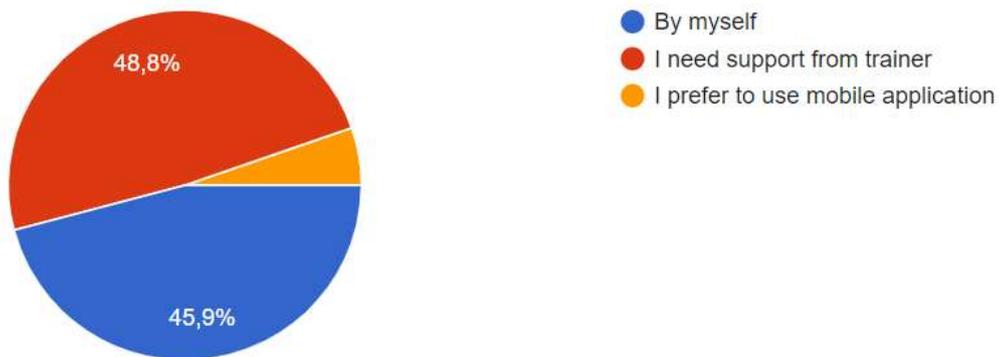
- Having more time available
- Having friends to train with
- Online training modules
- Advertising
- Expressions of interest
- Less work
- A dedicated training program
- Distance
- Weather
- Do exercise with my friends and family
- Mentality
- The relationship with the groups. If I have friends, there it's more easy.
- A sports psychologist
- Have the right motivation
- Challenge
- If there was a club affordable
- Put the training on schedule
- A good team, the sport, the team objectives.
- People involved , type of project or sport
- Love for sports
- Will
- Money
- Happiness
- Wake up early in the morning to exercise before work

What are your favorite physical activities? Why?

- Running - I've always practiced it
- Football

- Volley
- Swimming
- Gym
- Basket
- Soccer

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

TOP Nr.1

- One hour three times a week

TOP Nr.3

- Twice a week for fifty thirty minutes

TOP Nr.3

- 5 times per week, every day in morning



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Time period per day

TOP Nr.1

Morning

TOP Nr.2

Evening

TOP Nr.3

Afternoon

TOP Nr.4

Weekends

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

- I enjoy and I feel healthy
- Good mood
- Health
- Physical well-being
- Healthy eating, good mood
- Love for the game
- Friends
- Be in better shape
- The nostalgic
- Because its Funny. When I play, I distract myself from life's problems and focus on the game.
- Help my mental health

- Feeling healthier
- The fact that I feel good when doing physical exercise, the pleasure it gives me at the end of the physical exercise and feeling completed
- The love for the sports

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

- Sustainable management
- Sports tournaments or events
- Football
- Running
- Organizational aspects
- Events with more little kids involved
- Cricket
- Any type
- Golf
- Cycling
- Environment care;
- Zumba
- Personal outdoor training
- Swimming
- Healthy activities, care of the environment and incorporation of sport values (cooperation, strength, friendship, companionship, respect for others, fair play, etc.)
- Rugby
- Hiking
- Basketball and volleyball
- Climbing and races
- Orienteering events
- Nature (sea, mountain...)

The main conclusions

- Outdoor sports are all activities that takes place in nature, natural environment;
- Children should be active at least 3 times per week or more;
- Adults should be active at least 3 times per week or more;
- More than 90% have regularly practiced sports activity, because they enjoy sport and being healthy;
- Most of participants feel good about their general physical condition;
- The most important reason for stopping doing sport was pandemic period;
- Other reasons for stopping doing sport were related to motivation, time management and health issues;
- The main barriers for doing sports activities are lack of time and lack of motivation;
- Indirect reasons are workload, balance between professional life and sport;
- The main facilitators to get engaged in sports activities could be better time management skills, motivation, involved friends in the same sport, interesting sport type;
- For most of the people ideal workout schedule would be 3 times per week, mostly on the morning or evening;
- The main reason for doing sport is feeling healthier and physically and mentally better;
- Among the most favorite sports type have been mention football and running;
- The main topics for outdoor sport event could be related with different types of sport (not one specific) and also related with sustainable management and being in the nature, being with friends and in a good company.

Attachment No.1 “Survey questions”

1. Name of your organization.
2. What is outdoor physical activity in your opinion?
3. How active children should be (how many times per week)?
4. How active adult should be (how many times per week)?
5. Have you ever regularly practiced physical activity or sports?
6. If you answer yes...What was the reason for this practice?
7. Did you have period in your life, when you were less active (for instance, pandemic period) and if yes, what was the reason?
8. Do you think you are as active as you could be now (after pandemic situation)?
9. If answer is yes... what is the reason?
10. How do you feel about your current physical and emotional health level?
11. What are the main obstacles/barriers for you to engage in sport activities?
12. What could be the main facilitators for you to engage in sport activities?
13. What are your favorite physical activities? Why?
14. Do you prefer to do physical activities by yourself or with support from trainer and/or mobile application?
15. What would be your ideal time schedule (how often per week, length of training, and time (morning, evening, weekend etc.) for sports activities?
16. What would be the main reason for you to start/restart doing sports activities?
17. What kind of topics in outdoor sports event you would like to see?