

Assessing Health & Functional Fitness

Questionnaires and Pre Activity Readiness



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



Testing Protocols

Learning Outcomes

- ▣ Be able to assess and determine potential risk factors involved in sporting environments
- ▣ Examine and Identify possible errors in assessment of the questionnaires
- ▣ Produce a questionnaire that you could use on your clients in the future



Content

- ▣ Risk Assessment Treasure Hunt(1 hour)
 - ▣ What potential factors could be involved?
 - ▣ 20mins per area minimum of three areas
- ▣ Questionnaires (40mins)
 - ▣ Types
 - ▣ Purpose
- ▣ Feedback (20mins)



Qualitative vs Quantitative Data

Qualitative Data

Overview:

- Deals with descriptions.
- Data can be observed but not measured.
- Colors, textures, smells, tastes, appearance, beauty, etc.
- Qualitative → Quality

Quantitative Data

Overview:

- Deals with numbers.
- Data which can be measured.
- Length, height, area, volume, weight, speed, time, temperature, humidity, sound levels, cost, members, ages, etc
- Quantitative → Quantity



Qualitative vs Quantitative Data

Example : Latte

Qualitative data:

- *robust aroma
- *frothy appearance
- *strong taste
- *glass cup

Example : Latte

Quantitative data:

- *340g of latte
- *serving temperature 65° C.
- *serving cup 18cms height
- *cost £2.95

