



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David**E3 FORM – Sports Research Project****APPLICATION FOR ETHICAL APPROVAL – BA level****CAIS AM GYMERADWYAETH MOESGOL – Lefel BA**

Mae'r ffurflen hon i'w chwblhau gan bob BA myfyrwr. Rhaid i bob ffurflen gael ei ystyried gan diwtor y modiwl. Dylai un copi o'r ffurflen yn cael ei roi ar y ffeiliau Gyfadran ac un copi cadw ar y ffeil myfyrwr.

This form is to be completed by all BA students conducting research, projects or productions. This form should be completed by the student. All forms must be considered by the Module tutor. A copy of the form must be kept centrally and on the student file.

ADRAN 1 – MANYLION MYFYRIWR**SECTION 1 - STUDENT DETAILS**

Enw Llawn
Full Name

Craig Anthony Michael Evans

Ysgol/Cyfadran/
School/Faculty

Swansea Business
School

Rhif Myfyrwr
Student Number

1050760

Cydlynnydd prosiect /
Tiwtor
Module Tutor/
Programme Co-ordinator

Andrew Thomas

Enw'r Gradd
Name of Degree

Sports Management

Teitl dangosol yr Traethawd Hir:

Indicative Title of Dissertation:

To understand the Physical and Psychological effects of Sport
Specialisation in College Athletes at Gower College Swansea

**ADRAN 2 – MANYLION CYFRANOGWYR /
CYNULLEIDFA****SECTION 2 - PARTICIPANT / AUDIENCE
DETAILS**

Pwy yw'r cyfranogwyr arfaethedig?	Who are the intended participants?	Ydw / Yes	Na / No
Myfyrwyr / staff Y Drindod Dewi Sant	Students / staff of Trinity Saint David		No
Oedolion (dros oed 16 ac yn gymwys i gydsynio)	Adults (over the age of 16 and competent to give consent)	Yes	
Plant a phobl ifanc dan oed	Children / legal minors		No

ffurfio neu gleientiaid gweithwyr offesiynol	Patients or clients of professionals		No
Rhywun sy'n cael ei gadw yn y ddalfa neu y mae'r llys wedi cymryd cyfrifoldeb amdano	Anyone in custodial care or for whom the court has assumed responsibility		No
Aelod o unrhyw sefydliad lle mae'n bosibl bod angen i unigolyn arall hefyd gydsynio.	A member of any organisation where another individual may also need to give consent.		No
Eraill: Nodwch: / Others: please identify:			

Nifer, Oed a Ffynhonnell y Cyfranogwyr Rhowch fanylion yr demograffeg y cyfranogwyr / gynulleidfa.		Participant / Audience Number and Age Provide details of the demographics of the participants / audience.	
Nifer o Gyfranogwyr / yn y Gynulleidfa	Participant/ number	Audience	Between 50-60
Grŵp oedran y Cyfranogwyr/y Gynulleidfa	Participant/ group	Audience age	16-18

ADRAN 3 – GWEITHGAREDD YMCHWIL

SECTION 3 – RESEARCH ACTIVITY

1.	Ydy'r prosiect yn cynnwys:	Does the project include:	Ydy / Yes	Nac ydy/No
	Defnyddio holiadur neu offeryn ymchwil tebyg	Use of questionnaire or similar research instrument	Yes	
	Defnyddio prawf ysgrifenedig neu gyfrifiadurol	Use of written or computerised test		No
	Cyfweliad (cysylltwch gwestiynau posibl)	Interview (attach provisional questions)	Yes	
	Dyddiaduron	Diaries		No
	Arsylwi ar gyfranogwyr a hwythau'n ymwybodol o hynny	Participant observation with their knowledge		No
	Arsylwi ar gyfranogwyr a hwythau ddim yn ymwybodol o hynny	Participant observation without their knowledge		No
	Recordio fideo neu sain	Video or audio-taping	Yes	
	Mynediad i wybodaeth bersonol neu gyfrinachol heb gydsyniad penodol y cyfranogwyr	Access to personal or confidential information without the participants specific consent		No
	Defnyddio unrhyw gwestiynau, ysgogiadau prawf, cyflwyniad y gallai rhai cyfranogwyr eu profi fel rhywbeth sy'n achosi niwed / tramgwydd corfforol, meddyliol neu emosiynol	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive		No

Cyflawni unrhyw weithredoedd allai achosi embaras neu effeithio ar hunan-barch	Performance of any acts which may cause embarrassment or affect self-esteem		No
Ymchwilio i gyfranogwyr sy'n ymwneud â gweithgareddau anghyfreithlon	Investigation of participants involved in illegal activities		No
Gweithdrefnau lle defnyddir twyll	Procedures that involve deception		No
Gweini unrhyw sylwedd, cyfrwng neu blasebo	Administration of any substance, agent or placebo		No
Dull arall o gasglu data neu fformat cyflwyno (esboniwch)	Other method of data collection or presentation format (please explain)		No

2. Restrui eich dull o gasglu data	List your method of data collection:
Questionnaires, Focus Groups & One-to-One Interviews	

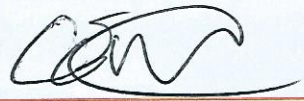
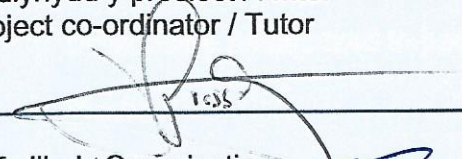
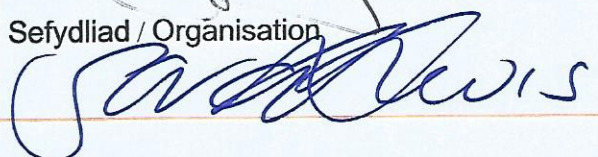
3.	Risg Posibl: (corfforol, seicolegol, cyfreithiol, cymdeithasol neu economaidd)	Potential Risk: (physical, psychological, legal, social or economic)		
A oes unrhyw risg bosibl i:		Is there any potential risk to:	Ydw / Yes	Na / No
A	Cyfranogwyr?	Participants?		No
B	Ymchwilydd?	Researcher?		No
C	BrifYsgol/Cyfadrn?	University?		No

4. Rheoli Risg: Os oes, beth yw'r risg a sut y bydd yn cael ei reoli?	Management of Risk: If yes, what is the risk and how will it be managed?

5.	Os ydych yn delio â phlant a / neu oedolion agored i niwed, rhaid i chi gyflwyno eich dystysgrif DBS i'ch tiwtor goruchwyllo i'w cymeradwyo cyn i unrhyw gysylltiad â cyfranogwyr hyn.	If you are dealing with children and/ or vulnerable adults you must present your DBS certificate to your supervising tutor for approval before any contact with these participants.
N/A		Ydw / Na / Yes / No /
A	Ydych chi wedi gwneud cais am dystysgrif DBS?	Have you applied for a DBS certificate?
B	A yw eich tiwtor weld a'i gadarnhau eich dystysgrif DBS?	Has your tutor seen and approved your DBS certificate?

6.	A fyddwch yn cael cydsyniad gwybodus ysgrifenedig gan eich cyfranogwyr?	Will you obtain written informed consent from your participants?		
			Ydw / Yes	Na / No
A	Os na fyddwch, pam hynny?	If no, why not?		
B	Os byddwch, sut byddwch yn sicrhau cydsyniad gwybodus?	If yes, how will you secure informed consent?	Yes	
Rhowch eglurhad / Please explain: By a written consent form which will be provided alongside the written questionnaire				
Cynhwyswch gopi o'r ffurflen gydsynio os ydych yn defnyddio un.			Please include a copy of the consent form if you are using one.	

ADRAN 4	SECTION 4
CEFNOGWYD /APPROVED	NIS CEFNOGWYD/ NOT SUPPORTED
Datganiad Mae'r wybodaeth a gynhwysir yma yn gywir, hyd eithaf fy ngwybodaeth a'm cred. Rwyf wedi ceisio dynodi unrhyw risgiau a phroblemau sy'n gysylltiedig â'r prosiect / ymchwil neu gynhyrchiad ac rwyf yn cydnabod fymrwymadau innau a hawliau'r cyfranogwyr.	Declaration The information contained herein is, to the best of my knowledge and belief, accurate. I have attempted to identify any risks and issues related to the project/research or production and acknowledge my obligations and the rights of the participants.
Llofnodau Dylai'r ffurflen hon gael ei chwblhau a'i llofnodi gan y myfyriwr a'r Cydlynnydd y prosiect /Twitor	Signatures This form should be completed and signed by the student and the Module tutor/Programme Co-ordinator.

Myfyriwr / Student Craig Evans 	Dyddiad: / Date: 08/11/2019
Cydlynnydd y prosiect /Twitor Project co-ordinator / Tutor 	Dyddiad: / Date: 28 Jan 2020
Sefydliad / Organisation 	Dyddiad: / Date: 31/1/2020



PRIFYSGOL CYMRU
Y Drindod Dewi Sant
UNIVERSITY OF WALES
Trinity Saint David

Cyfranogwr Rhif Adnabod:
Participant Identification Number:

CWESTIYNAU CYFWELIAD SAMPL

SAMPLE INTERVIEW/ SURVEY QUESTIONS

TEITL Y PROSIECT: / PROJECT TITLE: **To understand the Physical and Psychological effects of Sport Specialisation in College Athletes at Gower College Swansea**

1	At What Age did you start playing your current sport?
2	Did you choose to play the sport due to an individual? If yes please select from below: Father. Mother. Sibling. Grandparent. Friend. Other? If Other please state below
3	What age did you start playing in organised competition?
4	What age did you specialise in your sport? Please select appropriate age range 6-7. 8-9. 10-11. 12-13. 14-15.
5	How long have you played in organised competition in your chosen sport?
6	Do you feel pressurized to perform in your chosen sport? Yes/No

7	On a scale of 1-10, How important does performance in your chosen sport contribute to your well-being? 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
8	Do you currently play your current sport for a team outside of the college academy? Yes. No.
9	How many days do you currently train per week? 1. 2. 3. 4. 5. 6. 7.
10	Have you sustained any injuries playing your chosen sport? Yes/No. If Yes please provide detail below
11	Other than your current sport, do you play any other sports outside of the college academy? Yes/No. If Yes please provide detail Below
12	Do you undertake in any other physical activity other than your chosen sport? Gym. Cycling. Running. CrossFit. Swimming. Yoga. Other. If Other please provide detail below

ENW A CHYFEIRIAD YR YMCHWILYDD	NAME & ADDRESS OF RESEARCHER
--------------------------------	------------------------------



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Cyfranogwr Rhif Adnabod:
Participant Identification Number:

FFURFLEN GANIATÂD CYFRANOGIAD

PARTICIPATION CONSENT FORM

TEITL Y PROSIECT: / PROJECT TITLE: **To understand the Physical and Psychological effects of Sport Specialisation in College Athletes at Gower College Swansea**

Name of Researcher:

Please initial box

1. I confirm that I have read and understand the information sheet dated **27/1/2020** for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.

2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason.

3. I understand that any information given by me may be used in future reports, articles or presentations by the research team.

4. I understand that my name will not appear in any reports, articles or presentations.

5. I agree to take part in the above study.

Name of Participant

Date

Signature

Researcher

Date

Signature

You may decline to participate in this study. You may end your participation in this study at any time. If you decide to remain anonymous, maintaining your anonymity will be a priority and every practical precaution will be taken to disguise your identity. If you prefer anonymity, there will not be any identifying information on audiotapes or transcripts of this or any interview. No-one will hear any audiotapes or see any transcripts without your prior consent. All materials generated from this or any interview will remain confidential.

When completed, please return in the envelope provided (if applicable). One copy will be given to the participant and the original to be kept in the file of the research team at:

University of Wales Trinity St. David



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Cyfranogwr Rhif Adnabod:
Participant Identification Number:

FFURFLEN GANIATÂD CYFRANOGIAD

SAMPLE PARTICIPANT INFORMATION SHEET

TEITL Y PROSIECT: / PROJECT TITLE: **To understand the Physical and Psychological effects of Sport Specialisation in College Athletes at Gower College Swansea**

***THIS FORM IS TO BE AMENDED AND ADAPTED AS NECESSARY**

Dear Participant:

My name is **Craig Anthony Michael Evans** and I am studying in the School of **Business**.

I would like to invite you to participate in my research project.

Attached to this letter is a short questionnaire developed by **Myself** which will assess **the Physical and Psychological implications of sport specialisation**. I believe your opinions will be extremely helpful to me.

Through your participation in the questionnaire and/or interviews, I hope to ascertain **a greater understanding of the subject in order to feedback to your educational establishment and relevant academy teams**.

All questionnaires will be kept strictly confidential to the researchers involved and at **NO** time will individual questionnaires be released to the general public. This gives you a chance to express your views on your programme a confidential and anonymous forum and still be able to make a difference. Your participation in this study is completely voluntary so you can withdraw from the questionnaire at any stage.

Our questionnaire should take about **10** minutes to complete, but there is no time constraint. There are also no right or wrong answers. Attached to this letter along with the questionnaire is **a Consent Form**. As this is a new project, your feedback is also important to us and we would be much obliged

if you could also complete the feedback sheet along with the questionnaire. We understand that your time is at a premium but your opinions are very valuable to us.

After careful and precise analysis of the data obtained from this questionnaire, I will be happy to provide you with a copy of the findings at your request. The results of this questionnaire will hopefully enhance my understanding of the physical and psychological effects on sport specialisation and will be stored at the University Campus. The results of the research will be fed back to **Gower College Swansea if requested.**

We thank you in advance for your time and participation. If any questions do arise, feel free to contact me at your convenience.

ENW A CHYFEIRIAD YR YMCHWILYDD	NAME & ADDRESS OF RESEARCHER
--------------------------------	------------------------------