

RESEARCH PROJECT

“Male athletes will always outperform female athletes”

My name is Laura Flynn and I am currently undertaking Community and Families Studies HSC course at Meriden School in Strathfield.

This survey is part of my Independent Research Project in which I need to either prove or disprove my hypothesis:

“That for a variety of reasons a male athlete will always out perform a female athlete at the same event”.

All information gathered in this survey will remain confidential and will only be used for the purpose of this research project, all surveys will be shredded once data is collected.

PERSONAL INFORMATION

1. Name _____ (Initials are fine)
2. Date of birth ____/____/____
3. What is your gender? Female / Male
4. What is your weight? _____kgs
5. What is your height? _____cms

YOUR EVENT

6. What is the main event you compete/train for? (if more than one please state)

Main *

Others *

*

7. Please list your Personal Best (PB) in Time/Height/Distance for your main event?

Event: PB:

8. What is the highest level of competition you have achieved?

Eg state, nationals, international

Event: Level of Competition:

Event: Level of Competition:

Event: Level of Competition:

YOUR TRAINING:

9. On average how many training sessions do you undertake each week?

10. On average how many hours do you spend training per week?

- 1 - 5
- 5 - 10
- 10 – 15
- 15 + - please specify - _____hrs

11. How would you best describe your training & what proportion of your training would you spend on each? (Please tick & determine proportion)

- Strength / Power- %
- Agility - %
- Cardio / Endurance - %
- Other - _____ %

12. Are you on any special diet? Yes / No

If yes please describe your diet:

13. Is your coach female or male?

Female / Male

14. How important do you consider mental preparation prior to competition to be?

- Extremely Important
- Some what important
- Not Important at all

Please describe anything you specifically you do to mentally prepare for your event? _____

15. Do you do any other sports to supplement your training?

- Weights
- Jogging
- Dancing
- Bike riding
- Gymnastics
- Middle distance running
- Team sports
- Yoga/Tai chi
- Swimming
- Long distance running
- Boxing
- Tennis
- Other (please state below) _____

16. Do you agree "That for a variety of reasons a male athlete will always out perform a female athlete at the same event". **YES / NO**

Why?

Thank you for taking the time to complete this questionnaire. Please place completed questionnaire in the box provided at the Athletics Track or send to:

Laura Flynn
5 Herbert Street
Rockdale NSW 2216.

All surveys are required by: **Friday 22nd January 2009.**

If you have any questions please email me at: 002036@meriden.nsw.edu.au .