

SPORTING SUCCESS UK



The project involves asking aged 14-18 adolescents, who are still in full-time education about how they are able to combine school and extracurricular activities, including sport and physical activity participation. The knowledge gained from this research will help us to deliver effective interventions that will facilitate long-term mental and physical health across the lifespan of adolescents.

To help Bournemouth University carry out this research, students will be asked to complete questionnaires that are designed to measure their motivation, enjoyment, and perceptions of the environment whilst at school or playing sport. Individual responses to the questionnaires will be completely confidential and only group results will be reported (i.e. it will not be possible to identify any individual from published information).

This project has received the full support of the Research Ethics Committee at Bournemouth University. Upon request a written report on the research findings will be distributed once the investigation has been completed.

As part of this project, adolescents will be asked to complete the Role Strain Questionnaire, developed by the Sporting Success Australia Team. Some adolescents, depending on their responses to the questionnaire, will be invited to be interviewed. Access to academic and sporting records will be requested.

If you have any concerns or questions regarding participation in this study, please contact Dr. Erika Borkoles on 01202 961535 or eborkoles@bournemouth.ac.uk

Student participation in this research project is voluntary and they may withdraw at any time. Should any adolescents decide not to participate or withdraw from this project, it will not jeopardize you or your child in any way.

Dr Erika Borkoles