

COACHES TRAINING FOR FITNESS: SURVEY TOOL FOR COACHES

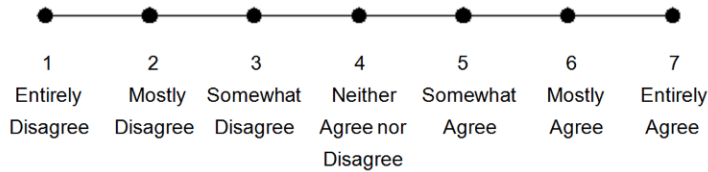
- 1. SO Program

- 2. What sport do you coach?
Free text_____

- 3. How many athletes (individuals with ID) did you coach this season?
[Sliding scale from 0 to 500]

- 4. How many unified partners (individuals without ID) did you coach this season?
[Sliding scale from 0 to 500]

- 5. Please indicate how much you agree with the following statements using the scale below.



Fitness is an important part of sports	
I am confident in my ability to incorporate fitness into sports practices	
My athletes and unified partners value fitness as part of their training	
The resources provided made it easier for coaches to teach or integrate fitness	

- 6. Please select from the list below all of the ways in which you have integrated fitness within your sports season. (Select all that apply).
 - Provided warm-ups that included dynamic stretches
 - Provided cool-downs at each practice
 - Planned practices in a way that maximized the amount of physical activity within that time period
 - Talked about basic nutrition such as healthy snack/meal options, importance of hydration
 - Incorporated water breaks
 - Added exercise/conditioning (endurance, strength, flexibility, balance...) to practice
 - Suggest ways athletes can work on fitness outside of practice, including setting fitness goals
 - Other (please specify):_____

7. Will you continue to integrate fitness within your sports training in the future?

Yes

No

I don't know

I have not integrated fitness within my sports training

8. Did you observe any successes experienced by your athletes as a result of integrating fitness throughout the sports season? Did you face any challenges as you integrated fitness within the sports season? Please describe any of these successes and challenges.

(Examples of successes: improved health or sports performance, engaged in new healthy behaviors, family engagement in fitness/health, emerging leadership skills)

Free text _____