

D. SPORT AND PHYSICAL ACTIVITY

ASK ALL

READ OUT: By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sports club, running in the park etc.

QD1 How often do you exercise or play sport?

(SHOW CARD - READ OUT - ONE ANSWER ONLY)

	(511)
5 times a week or more	1
3 to 4 times a week	2
1 to 2 times a week	3
1 to 3 times a month	4
Less often	5
Never	6
DK	7

EB72.3 QF1

QD2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

[READ OUT: By "other physical activity" we mean physical activity for recreational or non-sport-related reasons.] (SHOW CARD - READ OUT - ONE ANSWER ONLY)

	(512)
5 times a week or more	1
3 to 4 times a week	2
1 to 2 times a week	3
1 to 3 times a month	4
Less often	5
Never	6
DK	7

EB72.3 QF2 TREND MODIFIED

ASK QD3a TO QD4b IF "PRACTICES A SPORT OR A PHYSICAL ACTIVITY", CODE 1 TO 5
IN QD1 OR QD2 – OTHERS GO TO QD5a

QD3a	In the last 7 days, on how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?
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(DO NOT SHOW CARD – DO NOT READ OUT – ONE ANSWER ONLY)

(513)

1 day	1
2 days	2
3 days	3
4 days	4
5 days	5
6 days	6
7 days	7
None	8
DK	9

NEW (BASED ON EB58.2 Q50)

QD3b	In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?
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(SHOW CARD – READ OUT – ONE ANSWER ONLY)

(514)

30 minutes or less	1
31 to 60 minutes	2
61 to 90 minutes	3
91 to 120 minutes	4
More than 120 minutes	5
Never do vigorous physical activities	6
DK	7

NEW (BASED ON EB58.2 Q51)

QD4a	In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking.
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(DO NOT SHOW CARD – DO NOT READ OUT – ONE ANSWER ONLY)

	(515)
1 day	1
2 days	2
3 days	3
4 days	4
5 days	5
6 days	6
7 days	7
None	8
DK	9

NEW (BASED ON EB58.2 Q52)

QD4b	In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?
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(SHOW CARD – READ OUT – ONE ANSWER ONLY)

	(516)
30 minutes or less	1
31 to 60 minutes	2
61 to 90 minutes	3
91 to 120 minutes	4
More than 120 minutes	5
Never do moderate physical activities	6
DK	7

NEW (BASED ON EB58.2 Q53)

ASK ALL

QD5a In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

(DO NOT SHOW CARD – DO NOT READ OUT – ONE ANSWER ONLY)

(517)

1 day	1
2 days	2
3 days	3
4 days	4
5 days	5
6 days	6
7 days	7
None	8
DK	9

NEW (BASED ON EB58.2 Q54)

QD5b In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

(518)

30 minutes or less	1
31 to 60 minutes	2
61 to 90 minutes	3
91 to 120 minutes	4
More than 120 minutes	5
Never walk for 10 minutes at a time	6
DK	7

NEW (BASED ON EB58.2 Q55)

QD6	How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.
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(SHOW CARD – READ OUT – ONE ANSWER ONLY)

(519-520)

1 hour or less	1
1 hour to 1 hour and 30 minutes	2
1 hour 31 minutes to 2 hours 30 minutes	3
2 hours 31 minutes to 3 hours 30 minutes	4
3 hours 31 minutes to 4 hours 30 minutes	5
4 hours 31 minutes to 5 hours 30 minutes	6
5 hours 31 minutes to 6 hours 30 minutes	7
6 hours 31 minutes to 7 hours 30 minutes	8
7 hours 31 minutes to 8 hours 30 minutes	9
More than 8 hours and 30 minutes	10
DK	11

NEW (BASED ON EB58.2 Q56)

ASK QD7 AND QD8 IF "PRACTICES A SPORT OR A PHYSICAL ACTIVITY", CODES 1 TO 5 IN QD1 OR CODES 1 TO 5 IN QD2 – OTHERS GO TO QD9

QD7	Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?
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(SHOW CARD - READ OUT – MULTIPLE ANSWERS POSSIBLE)

(521-530)

At a health or fitness centre	1,
At a sports club	2,
At a sports centre	3,
At school or university	4,
At work	5,
At home	6,
On the way between home and school, work or shops	7,
In a park, outdoors, etc.	8,
Elsewhere (SPONTANEOUS)	9,
DK	10,

EB72.3 QF3 TREND MODIFIED

QD8	Why do you engage in sport or physical activity?
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(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)

(531-547)

To improve your health	1,
To improve your physical appearance	2,
To counteract the effects of ageing	3,
To have fun	4,
To relax	5,
To be with friends	6,
To make new acquaintances	7,
To meet people from other cultures	8,
To improve physical performance	9,
To improve fitness	10,
To control your weight	11,
To improve your self-esteem	12,
To develop new skills	13,
For the spirit of competition	14,
To better integrate into society	15,
Other (SPONTANEOUS)	16,
DK	17,

EB72.3 QF4

ASK ALL

QD9	What are the main reasons currently preventing you from practising sport more regularly?
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(SHOW CARD – READ OUT – ROTATE – MULTIPLE ANSWERS POSSIBLE)

(548-559)

You do not have the time	1,
It is too expensive	2,
You do not like competitive activities	3,
There is no suitable or accessible sport infrastructure close to where you live	4,
You have a disability or illness	5,
You do not have friends to do sports with	6,
You feel discriminated against by other participants	7,
You lack motivation or are not interested	8,
You are afraid of the risk of injuries	9,
You are already doing sports regularly (SPONTANEOUS)	10,
Other (SPONTANEOUS)	11,
DK	12,

NEW (BASED ON EB72.3 QF5)

QD10	Are you a member of any of the following clubs where you participate in sport or recreational physical activity?
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(SHOW CARD - READ OUT – MULTIPLE ANSWERS POSSIBLE)

(560-565)

Health or fitness centre	1,
Sports club	2,
Socio-cultural club that includes sport in its activities (e.g. employees' club, youth club, school- and university-related club)	3,
Other (SPONTANEOUS)	4,
No, not a member of any club (SPONTANEOUS)	5,
DK	6,

EB72.3 QF7 TREND MODIFIED

QD11	To what extent do you agree or disagree with the following statements about sport and physical activity?
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(SHOW CARD WITH SCALE – ONE ANSWER PER LINE)

	(READ OUT)	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK
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(566)

1	The area where you live offers you many opportunities to be physically active	1	2	3	4	5
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(567)

2	Local sports clubs and other local providers offer many opportunities to be physically active	1	2	3	4	5
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(568)

3	Your local authority does not do enough for its citizens in relation to physical activities	1	2	3	4	5
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EB72.3 QF6 TREND MODIFIED

The next questions are about volunteering in sport. By volunteering we mean doing any voluntary work or activity for which you do not receive any payment except to cover expenses, for example organising or helping to run events, campaigning or raising money, providing transport or driving, taking part in a sponsored event, coaching, tuition, mentoring, etc.

QD12 Do you engage in voluntary work that support sporting activities?

(ONE ANSWER ONLY)

(569)

Yes	1
No	2
DK	3

EB72.3 QF8

ASK QD13 AND QD14 IF "ENGAGE IN VOLUNTARY WORK", CODE 1 IN QD12 – OTHERS GO TO SOCIO DEMOGRAPHICS

QD13 How much time do you spend on voluntary work in sport?

(READ OUT – ONE ANSWER ONLY)

(570)

Only occasionally, at individual events	1
1-5 hours per month	2
6-20 hours per month	3
21-40 hours per month	4
More than 40 hours per month	5
DK	6

EB72.3 QF9

QD14	What type of voluntary work do you do? You ...
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(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)

	(571-581)
Are a member of a board or committee	1,
Do administrative tasks	2,
Are a coach or trainer	3,
Are a referee or other official	4,
Organise or help to run a sporting event	5,
Support day to day club activities (for example. bar, food, merchandising)	6,
Provide transport	7,
Maintain sports facilities	8,
Maintain sports equipment	9,
Other (SPONTANEOUS)	10,
DK	11,

NEW

DEMOGRAPHICS

ASK ALL

NO QUESTIONS D1 TO D6

D7	Could you give me the letter which corresponds best to your own current situation?
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(SHOW CARD – READ OUT – ONE ANSWER ONLY)
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(602-603)

MARRIED OR REMARRIED	
Living without children	1
Living with the children of this marriage	2
Living with the children of a previous marriage	3
Living with the children of this marriage and of a previous marriage	4
SINGLE LIVING WITH A PARTNER	
Living without children	5
Living with the children of this union	6
Living with the children of a previous union	7
Living with the children of this union and of a previous union	8
SINGLE	
Living without children	9
Living with children	10
DIVORCED OR SEPARATED	
Living without children	11
Living with children	12
WIDOW	
Living without children	13
Living with children	14
Other (SPONTANEOUS)	15
Refusal (SPONTANEOUS)	16

EB80.1 D7

D8	How old were you when you stopped full-time education?
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(INT.: IF "STILL STUDYING", CODE '00' – IF "NO EDUCATION" CODE '01' – IF "REFUSAL" CODE '98' – IF "DK" CODE '99')

(604-605)

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EB80.1 D8

NO QUESTION D9

D10 Gender.

(606)

Male

1

Female

2

EB80.1 D10

D11 How old are you?

(607-608)

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EB80.1 D11

NO QUESTIONS D12 TO D14

ASK D15b IF "NOT DOING ANY PAID WORK CURRENTLY", CODES 1 to 4 in D15a

D15a	What is your current occupation?
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D15b	Did you do any paid work in the past? What was your last occupation?
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	(609-610)	(611-612)
	D15a	D15b
	CURRENT OCCUPATION	LAST OCCUPATION
NON-ACTIVE		
Responsible for ordinary shopping and looking after the home, or without any current occupation, not working	1	
Student	2	
Unemployed or temporarily not working	3	
Retired or unable to work through illness	4	
SELF EMPLOYED		
Farmer	5	5
Fisherman	6	6
Professional (lawyer, medical practitioner, accountant, architect, etc.)	7	7
Owner of a shop, craftsmen, other self-employed person	8	8
Business proprietors, owner (full or partner) of a company	9	9
EMPLOYED		
Employed professional (employed doctor, lawyer, accountant, architect)	10	10
General management, director or top management (managing directors, director general, other director)	11	11
Middle management, other management (department head, junior manager, teacher, technician)	12	12
Employed position, working mainly at a desk	13	13
Employed position, not at a desk but travelling (salesmen, driver, etc.)	14	14
Employed position, not at a desk, but in a service job (hospital, restaurant, police, fireman, etc.)	15	15
Supervisor	16	16
Skilled manual worker	17	17
Other (unskilled) manual worker, servant	18	18
Never did any paid work		19

EB80.1 D15a D15b

NO QUESTIONS D16 TO D24

D25 Would you say you live in a...?

(READ OUT)

(613)

Rural area or village	1
Small or middle sized town	2
Large town	3
DK	4

EB80.1 D25

NO QUESTIONS D26 TO D39

D40a Could you tell me how many people aged 15 years or more live in your household, yourself included?

(INT.: READ OUT – WRITE DOWN)

(614-615)

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EB80.1 D40a

D40b Could you tell me how many children less than 10 years old live in your household?

(INT.: READ OUT – WRITE DOWN)

(616-617)

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EB80.1 D40b

D40c Could you tell me how many children aged 10 to 14 years old live in your household?

(INT.: READ OUT – WRITE DOWN)

(618-619)

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EB80.1 D40c

D46	Which of the following goods do you have?
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(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)
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(620-629)

Television	1,
DVD player	2,
Music CD player	3,
Computer	4,
An Internet connection at home	5,
A car	6,
An apartment\ a house which you have finished paying for	7,
An apartment\ a house which you are paying for	8,
None (SPONTANEOUS)	9,
DK	10,

EB80.1 D46

NO QUESTIONS D47 TO D59

D60	During the last twelve months, would you say you had difficulties to pay your bills at the end of the month...?
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(SHOW CARD – READ OUT – ONE ANSWER ONLY)
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(630)

Most of the time	1
From time to time	2
Almost never\ never	3
Refusal (SPONTANEOUS)	4

EB80.1 D60

D62	Could you tell me if...?
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(SHOW CARD WITH SCALE - ONE ANSWER PER LINE)
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	(READ OUT)	Everyday \ Almost everyday	Two or three times a week	About once a week	Two or three times a month	Less often	Never	No Internet access (SPONTANEOUS)
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(631)

(632)

(633)

1	You use the Internet at home, in your home	1	2	3	4	5	6	7
2	You use the Internet on your place of work	1	2	3	4	5	6	7
3	You use the Internet somewhere else (school, university, cyber-café, etc.)	1	2	3	4	5	6	7

EB80.1 D62

D63	Do you see yourself and your household belonging to...?
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(SHOW CARD – READ OUT – ONE ANSWER ONLY)
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	(634)
The working class of society	1
The middle class of society	2
The higher class of society	3
Other (SPONTANEOUS)	4
None (SPONTANEOUS)	5
Refusal (SPONTANEOUS)	6
DK	7

EB80.1 D63

D70	On the whole, are you very satisfied, fairly satisfied, not very satisfied or not at all satisfied with the life you lead?
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(ONE ANSWER ONLY)

	(635)
Very satisfied	1
Fairly satisfied	2
Not very satisfied	3
Not at all satisfied	4
DK	5

EB79.3 QA1

D71	When you get together with friends or relatives, would you say you discuss frequently, occasionally or never about...?
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(ONE ANSWER PER LINE)

	(READ OUT)	Frequently	Occasionally	Never	DK
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(636)	1	(ONLY IN EU27 AND HR) National political matters	1	2	3	4
(637)	2	European political matters	1	2	3	4
(638)	3	(ONLY IN EU27, HR) AND CY(tcc) Local political matters	1	2	3	4

EB79.3 QA2

D72	Please tell me to what extent you agree or disagree with each of the following statements.
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(SHOW CARD WITH SCALE – ONE ANSWER PER LINE)

	(READ OUT)	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK
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(639)	1	My voice counts in the EU	1	2	3	4	5
(640)	2	My voice counts in your country	1	2	3	4	5

EB79.5 Q28 TRENBD MODIFIED

D73	At the present time, would you say that, in general, things are going in the right direction or in the wrong direction, in...?
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(ONE ANSWER PER LINE)

	(READ OUT)	Things are going in the right direction	Things are going in the wrong direction	Neither the one nor the other (SPONTANEOUS)	DK
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(641)	1	In your country	1	2	3	4
(642)	2	The European Union	1	2	3	4

EB79.3 QA11a