

# e-PROSCeSS

Measurement of the perceptions of health promotion  
within sports clubs

## Participants Questionnaire

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Policies and operational rules of the sports club  
concerning health promotion

The health promotion activities and support  
given to participants by the coaches





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## INSTRUCTIONS

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This questionnaire focuses on your perceptions on how health is promoted in your sports club. There are no good or bad responses, merely indicate your degree of agreement with each statement by checking the corresponding box. Only check one box per line.

**Please respond as sincerely as possible.**

# ORGANIZATIONAL DETERMINANT QUESTIONS

These questions focus on the position of health promotion in club's guidelines, rules, organization (including partners) and planning.

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree	I do not know
1. My sports club ensures that health education (knowledge, information) is carried out in their daily activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My sports club has defined the roles, responsibilities and expectations while working with partners to promote health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My sports club has written regulations in regard to health behaviors in general or on specific health topics (e.g. alcohol or drug abuse, healthy eating, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My sports club takes into account the health and/or well-being of staff and members in its decision-making process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My sports club ensures that target groups (e.g. parents, participants, etc.) are involved in the decision-making process regarding actions related to promoting health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My sports club helps to enhance the life of the local community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My sports club offers flexible membership options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My sports club offers adapted sports practices (e.g. persons with disabilities or chronic diseases)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# SOCIAL DETERMINANT QUESTIONS

These questions focus on the vision, values and philosophy of the sports club in relation to society.

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree	I do not know
1. My sports club encourages the 'everyone plays' ideology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My sports club promotes the 'fair play' ideology (respect for others and rules of the sport)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My sports club promotes integration through sport (social inclusion and diversity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My sports club respects moral principles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My sports club is aware of the benefits of promoting health (e.g. improving credibility and/or enhancing participants' experiences)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My sports club upholds good values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ENVIRONMENTAL DETERMINANT QUESTIONS

These questions focus on the built surroundings provided by the sports club including infrastructures and green spaces.

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree	I do not know
1. My sports club assumes its share of responsibility for a safe sporting environment (e.g. reviews the sports environment yearly on and off the field)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My sports club has safe infrastructures (e.g. locker rooms, practice fields, other spaces)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My sports club has clean infrastructures (e.g. locker rooms, practice fields, other spaces)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My sports club is welcoming (e.g. staff, coaches, volunteers)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My sports club ensures up to date occupational health and safety standards and procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My sports club ensures all youth attended activities are held in a tobacco free environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My sports club ensures all youth attended activities are held in an alcohol free environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My sports club avoids collaborations with sponsors that promote unhealthy products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ECONOMIC DETERMINANT QUESTIONS

These questions focus on the allocation of financial, material and human resources for health promotion within the sports club.

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree	I do not know
1. My sports club promotes health through collaborations with external actors (e.g. local government, experts, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My sports club allocates resources to health promotion actions (e.g. communications, administrative support, staff time)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My sports club has staff with designated responsibilities to address the health of its members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My sports club ensures that staff possess sufficient sport-related health skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# ORGANIZATIONAL DETERMINANT QUESTIONS

These questions focus on health promotion activities and support given to participants by your primary coach.

These questions focus on coach's implementation of health promotion policies.

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree	I do not know
1. My coach talks about healthy habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My coach follows the sports club's regulations and policies to promote health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My coach shares information about healthy behaviors to sport participants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My coach intervenes in cases of prohibited substance use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My coach ensures that training is adapted for everyone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# SOCIAL DETERMINANT QUESTIONS

These questions focus on coach's awareness and endorsement to the sports club's philosophies and concepts of health promotion.

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree	I do not know
1. My coach promotes the 'fair play' ideology (respect for others & rules of the sport)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My coach promotes integration through sport (social inclusion & diversity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My coach treats all participants fairly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My coach ensures that attention is given to monetarily disadvantaged groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My coach encourages players to respect sport regulations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My coach deals with participant failures in a positive manner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# ECONOMIC DETERMINANT QUESTIONS

These questions focus on coach's use of financial, material and human resources to implement health promotion.

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree	I do not know
1. My coach takes time to talk about health during both practices and competitions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My coach has material resources (supplies, fliers, posters, signage) available to promote health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My coach provides human resources for health related actions (e.g. volunteers, dedicated time)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My coach finds help within and outside the sports club to talk about health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THANK YOU FOR YOUR RESPONSES.



Produced by Santé Publique France, the University Côte d'Azur and the University of Lorraine. It is based on an international Delphi study and the work of the project team. It has been validated among 621 participants, 110 coaches and 95 managers of French sports clubs.

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