

## Appendix A

### Gaelic Football Survey Questions

1. What is your gender?
2. What is your age?
3. What is your height?
4. What is your weight?
5. What is your State or Providence?
6. What is your Country?
7. How many years have you (or did you) compete in Gaelic football?
8. Are you still competing?
9. What level do you compete at?
10. What position do you play?
11. How many hours a week do (or did) you spend preparing for competition?
12. Is (was) flexibility included in your Gaelic football training?
13. If yes, when did you stretch and for how long?
14. Do (did) you participate in other forms of training (i.e., weight lifting, endurance training, yoga etc.) to enhance your Gaelic Football ability?

If yes, please select those that apply:

- Weight Training
- Endurance Training
- Pilates
- Yoga

Other

15. Would you participate in a structured strength training program designed specifically for Gaelic football?

16. Do you participate in other competitive sports during the year? If yes, which sports?

17. Have you experienced any injuries/pain due to Gaelic Football? If yes, please check those that apply:

- Muscular
- Tendon
- Ligament
- Bruise
- Fracture
- Cartilage
- Overuse
- Dislocation

18. What caused the injury? Please check those that apply:

- Collision
- Foul Play
- Running
- Twisting

- Jumping
- Kicking
- Ball Contact

19. Where did the injury occur? Please check all that apply:

- Head       Chest
- Face       Ribs
- Shoulder    Hamstrings
- Elbow       Quadriceps
- Wrist       Groin
- Hand       Knee
- Fingers     Ankle
- Hip       Foot
- Back       Toes

20. What kind of treatment was required? Please select all that apply:

- Rest       Physical Therapy
- Ice       Crutches
- Splint     Sutures
- Cast       Hospital Admission
- Surgery    None

21. Are there any long term adverse effects due to your injury?

22. Was playing or practice time restricted due to the injury? If yes, please select all of the applicable responses:

- Sideline or unable to play
- Reduced playing time
- Switched to a different position