

Study Title: Self-reported Sedentary Time Among Master and Recreational Athletes Aged 55 and Older

Name of Principle Investigator: Heather McCracken (UOIT)

Name of Faculty Supervisor: Dr. Shilpa Dogra

Study Information

Introduction:

You are invited to participate in a research study being conducted through the Kinesiology program at the University of Ontario Institute of Technology (UOIT). Throughout this document you will find the study purpose, procedure, benefits, risks, as well as your right to refuse to participate or withdraw from the study. Please thoroughly read and understand all sections of this document before you agree to participate in this study. Should you have any questions please contact the researchers above.

Purpose and Explanations of the Study:

The purpose of this study is to quantify the amount of time masters and recreational athletes spend in seated activities during the day. Sitting is considered a risk factor for several chronic conditions. Among the general population, close to 95% of older adults have been shown to sit for 8 or more hours per day. While active people tend to sit for fewer hours, there are no sedentary time data available on masters or recreational athletes.

As a participant in this study you will be asked to complete an online questionnaire which will gather information on your sport involvement, weekly physical activity levels, and weekly seated activities. Completion of the questionnaire is expected to take 15-20 minutes.

Participant Compensation:

There is no monetary compensation for participation in this study; however, you have the option of entering a draw for one of 5 prizes valued at \$50 per prize if you provide us with your contact information.

Risks and Participant Safety:

We recognize that there are potential risks associated with participating in this study and are committed to minimizing these risks. In an effort to reduce these risks, we will provide you with contact information of appropriate resources to gain support if requested.

Benefits:

Participants are expected to become aware of their seated activities and sedentary time through answering the survey questions. This research may inform future interventions and guidelines that will impact the participants.

Cost of Participating:

There are no costs associated with participating in this study.

Withdrawal:

You have the right to withdraw from this study without any consequences and will be allowed to do so up until the time of submission for publication or presentation, only if you have provided us with your contact information as an identifier. If you do choose to withdraw, all information will be removed from our data base, therefore we will be unable to include you in the final prize draw. A reminder, you can stop answering the survey questions at any point and exit the browser before hitting submit.

Participant Confidentiality:

All data will be kept confidential and will not contain any identifying information. All data will be deleted off of the online server, Google Drive, once the study is completed. The anonymous data will be stored on the laptop of the Principle Investigator (Heather McCracken), as well as the supervisor's laptop (Dr. Shilpa Dogra) and will be backed up on an external hard-drive.

Consent

I understand the procedures, potential risks and benefits of this study. Any questions regarding this study have been answered to my satisfaction.

I understand my consent to participate, or to not participate in this study is voluntary. I also understand my right to withdraw from any part of this study for any reason. I waive no legal right by participating in this study.

If you have any questions about study, please contact Heather McCracken at Heather.McCracken@uoit.net or Dr. Shilpa Dogra at (905)721-8668 ext. 6240.

NOTE: Both the supervisor and primary investigator are members of the Kinesiology program in the Faculty of Health Sciences at UOIT. Therefore, both researchers possess the knowledge required to properly conduct this study.

I hereby consent to participate in this study.

Full Name: _____

Signature: _____

Date: _____

This study has been approved by the University Of Ontario Institute Of Technology Research Ethics Board REB # [15-033] on [October 28th, 2015].

Please contact the UOIT Ethics and Compliance Officer (905.721.8668 x 3693 or compliance@uoit.ca) if you have any questions or concerns about the ethics of this study or your rights as a participant.

QUESTIONNAIRE

1. What is your age in years? _____

2. What is your gender?
 Male
 Female

3. What is your highest education level? (Optional)
 No formal schooling
 Elementary School
 Some high school
 Completed high school
 Some community college
 Completed community college
 Some university
 Completed Bachelor degree
 Completed Masters or PhD degree

4. What is your current marital status? (Optional)
 Single
 Married
 Divorced or Separated
 Widow(ed)

5. What is your current employment status? (Optional)
 Employed full-time
 Employed part-time
 Self-employed
 Retired
 Unemployed
 Other (please specify): _____

Many Canadians participate in sport in one way or another. For the following questions, sport is identified as activities which involve training or competition with some level of physical intensity. Leisure activities such as dance, fitness, fishing, or hiking are not considered sport for the purpose of this questionnaire. Sport does not involve activities in which the performance of a motorized vehicle is the primary determinant of the competitive outcome. Where mechanized vehicles or conveyance are used, the activity must entail significant physical effort in propelling the vehicle or conveyance.

6. In the past 12 months, did you regularly (at least once/week) participate in any sports?

YES

NO

7. How many days per week do you participate in sports?

_____ days

8. When you participate in sports, how long are you playing?

_____ minutes

9. When you participate in sports, how hard would you say you are working on a scale of 1 to 10, where 1 is not hard at all, and 10 is working as hard as possible?

10. Do you participate in sports primarily for competition or recreation:

Competition

Recreation

Other

11. Did you participate in any competitions or tournaments in the past 12 months?

YES

NO

12. Was it at the local, regional, provincial, or national level?

- Local
- Regional
- Provincial
- National
- Other (please specify): _____

13. Do you have a coach?

- YES
- NO

14. Which sports do you participate in? Please check **ALL** that apply.

A. Snow/Ice Sports

- Biathlon
- Bobsleigh
- Broomball
- Curling
- Dog sledding
- Figure skating
- Hockey (ice)
- Ice Sailing
- Luge
- Ringette
- Skeleton
- Ski jumping
- Skiing Downhill/Alpine
- Skiing, Cross Country/Nordic
- Skiing, Nordic Combined
- Snowboarding
- Speed Skating
- Skiing Freestyle

B. Combat Sports

- Boxing
- Judo
- Karate
- Tae Kwon Do
- Wrestling
- Fencing
- Martial Arts

C. Sports for Athletes with Disabilities

- Amputee Sports: include any sports specifically organized for amputees
- Blind Sports: include any sports organized specifically for the blind
- Deaf Sports: include any sports organized for deaf persons
- Wheelchair Sports: include any sports organized specifically for people in wheelchairs

D. Water Sports

- Canoeing
- Diving
- Kayaking
- Rowing
- Sailing/Yachting
- Swimming
- Swimming, synchronized
- Wakeboarding
- Water skiing
- Water polo
- Windsurfing

E. Large Team Sports

- Ball Hockey
- Baseball
- Basketball
- Broomball
- Cheerleading
- Cricket
- Field hockey
- Football - Tackle, Flag, Touch
- In-line Hockey
- Lacrosse
- Ringette
- Rugby
- Soccer
- Softball
- Volleyball
- Ultimate Frisbee

F. Alternative/Extreme Sports

- Arctic sports (traditional Aboriginal sport)
- BMX
- Cheerleading
- Climbing
- Cricket
- Orienteering
- Skateboarding
- Mountain boarding
- Wakeboarding
- Ultimate Frisbee

G. Skill Sports

- Archery
- Bowling, Five Pin
- Bowling, Ten Pin
- Golf
- Lawn bowling
- Shooting
- Fencing

H. Racquet/Hand Sports

- Badminton
- Handball - 4 walls
- Netball
- Racquetball
- Squash
- Table tennis
- Team handball
- Tennis

I. Multi-sport

- Adventure racing
- Modern pentathlon
- Track and Field – Athletics
- Triathlon

J. Endurance Sports

- Adventure racing
- Canoeing/kayaking
- Cycling
- In-line skating
- Kayaking
- Modern pentathlon
- Mountain biking
- Orienteering
- Rowing
- Running, cross country
- Running, road
- Swimming
- Triathlon
- Race walking
- Running

K. Equestrian

- Equestrian

L. Gymnastics

- Cheerleading
- Gymnastics
- Gymnastics, rhythmic

M. Lifting

- Powerlifting
- Weightlifting

N. Urban/Road Sports

- BMX
- Cycling
- In-line skating
- Running, road
- Race walking
- Running

O. Other

Please Specify: _____

INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (IPAQ)

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

_____ **days per week**

No vigorous physical activities → *Skip to question 3*

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

3. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

_____ **days per week**

No moderate physical activities → *Skip to question 5*

4. How much time did you usually spend doing **moderate** physical activities on one of those days?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

_____ **days per week**

No walking → *Skip to question 7*

6. How much time did you usually spend **walking** on one of those days?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

7. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

Now, I am going to ask you about activities you did over the ***last week whilst sitting or lying down***. Don't count the time you spent in bed. From yesterday, I want you to think about what you have done within the 7 days prior.

For each of the activities only count the time when this was your main activity. For example if you are watching television and doing a crossword, count it as television time or crossword time but not as both.

During the last week, how much time in total did you spend sitting or lying down and.....

SEDENTARY ITEM	TIME	
1. Watching television or videos/DVDs	_____	_____
2. Using the computer/Internet	_____	_____
3. Reading	_____	_____
4. Socializing with friends or family	_____	_____
5. Driving or riding in a car, or time on public transport	_____	_____
6. Doing hobbies, e.g. craft, crosswords	_____	_____
7. Doing any other activities	_____	_____

On a typical day, how many hours do you spend in continuous sitting: at work, in meetings, volunteer commitments, and commuting (i.e., by motorized transport)?

On a typical day, how many hours do you watch television, use a computer, read, and spend sitting quietly during your leisure time? _____

When sitting for prolonged periods (one hour or more), at what interval would you typically take a break to stand and move around for two minutes?

Thank you for participating in this research study. Your time is greatly appreciated. If you would like to be contacted with the results of this study, Please leave your e-mail address, or preferred method of contact below

Contact Information:

Contact Information for Draw:

If you would like to be entered into a draw to have a chance to win a \$50 gift card please enter your contact information below ie. Name and phone number or email address.

Name:

Phone Number:

E-mail Address:

If you feel as though you need support or have any further questions regarding this research, please do not hesitate to contact us.

Best regards,

Heather McCracken, Principle Investigator – Heather.McCracken@uoit.net

Dr. Shilpa Dogra, Faculty Supervisor – Shilpa.Dogra@uoit.ca