Assessment Form –
Descriptive and analytic statistics

Year of birth: _____

gender: ☐ male (1) ☐ female (2) ☐ different gender, namely:: _____ (3)
☐ no answer (-9)

Body height: _____ cm

Colour of your hair: ☐ blonde (1) ☐ brown (2)
☐ black (3) ☐ different, namely: _____ (4)

Please rate your interestin the following sport events:
Please indicate your interest for each event from
0: not interested at all to 10: very much interested

Tour de France: _____ ☐ don't know this event (-9)
WTA – Tour: _____ ☐ don't know this event (-9)
Football World Championship: _____ ☐ don't know this event (-9)
Formula 1: _____ ☐ don't know this event (-9)
Olympic Games: _____ ☐ don't know this event (-9)
America's Cup: _____ ☐ don't know this event (-9)

Forward bend: _____ cm

Heart rate at rest 15 sek. _____ beats/15sek ***4 →** _____ bpm

Time for15 pushups: _____ sec

Heart rate after pushups _____ beats/15sek ***4 →** _____ bpm

Perceived Rate of Exertion (PRE): _____ (BORG-Scale 6-20)

Please rate your sporting activity as well as your performance in the following dimensions
-3: extremely low to +3: extremely high

	-3	-2	-1	0	+1	+2	+3
Sporting activity	☐	☐	☐	☐	☐	☐	☐
Endurance	☐	☐	☐	☐	☐	☐	☐
Strength	☐	☐	☐	☐	☐	☐	☐
Speed	☐	☐	☐	☐	☐	☐	☐
Flexibility	☐	☐	☐	☐	☐	☐	☐
coordination	☐	☐	☐	☐	☐	☐	☐