

## **Questionnaire**

Please read and respond to the following questions. If there are any questions that you don't want to answer, please leave them blank.

**Sex:** Male/ Female

**Date of your Birth (DD/MM/YYYY):** \_\_\_ / \_\_\_ / \_\_\_\_\_

**Which of the following would you say best describes your ethnic group? (Please circle one only)**

### **White**

1. English / Welsh / Scottish / Northern Irish / British

2. Irish

3. Gypsy or Irish Traveller

4. Any other White background, please describe

### **Mixed / Multiple ethnic groups**

5. White and Black Caribbean

6. White and Black African

7. White and Asian

8. Any other Mixed / Multiple ethnic background, please describe

### **Asian / Asian British**

9. Indian

10. Pakistani

11. Bangladeshi

12. Chinese

13. Any other Asian background, please describe

### **Black / African / Caribbean / Black British**

14. African

15. Caribbean

16. Any other Black / African / Caribbean background, please describe

### **Other ethnic group**

17. Arab

18. Any other ethnic group, please describe

**What is the name of the club you are a member of?**

\_\_\_\_\_

**How long in years have you been a member of this club?**

\_\_\_\_\_ Years

**How would you describe the standard at which you shoot? (Please circle one only)**

Fun, Club, Area, County, Regional, Country

**What is your rank in the club (out of how many people)?**

\_\_\_\_\_ Out of \_\_\_\_\_

**What is your Last competition score?**

\_\_\_\_\_

**What is your average score from the season so far?**

\_\_\_\_\_

**What is your personal best score for the season so far?**

\_\_\_\_\_

**What is your all time personal best score?**

\_\_\_\_\_

**Section A:** The following questions are about the 15-minute preparation time before a competition. Please circle your answers where applicable.

**On average how many shots do you take?** \_\_\_\_\_

**Do you take the same number of shots at all competitions?** Yes / No

**Do you dry fire in your preparation time?** Yes / No

**If yes, how many times on average do you dry fire?** \_\_\_\_\_

**Do you always take the same number of dry fire shots at all competitions?** Yes / No

**Do you imagine taking shots?** Yes / No

**If yes, how many shots do you imagine taking?** \_\_\_\_\_

**Do you always imagine the same number of shots at all competitions?** Yes / No

**Do you have and follow a set routine?** Yes / No

**If yes please explain it as best as possible:**

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**What do you feel you gain from your pre-performance preparation?**

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**Section B:** Each of the following items describes a specific situation that you may encounter during a 10m pistol shooting competition. Please rate how frequently these situations apply to you on the following scale (1 = Never to 5 = Always):

		Never	Rarely	Sometimes	Often	Always
1	I talk positively to get the most out of competitions	1	2	3	4	5
2	I manage self-talk effectively in competitions	1	2	3	4	5
3	I say things to help my competitive performance	1	2	3	4	5
4	I use specific cue words or phrases to help my performance	1	2	3	4	5
5	My emotions get out of control under pressure	1	2	3	4	5
6	I have difficulty with my emotions at competitions	1	2	3	4	5
7	I have difficulty controlling my emotions if I make a mistake when competing	1	2	3	4	5
8	My emotions keep me from performing my best at competitions	1	2	3	4	5
9	I am able to trust my body to perform the necessary skills while competing	1	2	3	4	5
10	I am sufficiently prepared for competitions to be able to perform on automatic pilot	1	2	3	4	5
11	I allow whole skills or movements to happen naturally without concentrating on each part	1	2	3	4	5
12	I am unable to perform skills without consciously thinking about them	1	2	3	4	5
13	I set personal performance goals	1	2	3	4	5
14	I set very specific goals for competition	1	2	3	4	5

15	I evaluate whether I achieve competition goals	1	2	3	4	5
16	I set specific result goals	1	2	3	4	5
17	I rehearse my competitive performance in my mind	1	2	3	4	5
18	I imagine my competitive routine before I do it	1	2	3	4	5
19	I rehearse the feel of my performance in my imagination	1	2	3	4	5
20	I visualize my competition going exactly the way I want it	1	2	3	4	5
21	I can get myself “up” if I feel flat	1	2	3	4	5
22	I can psych myself to perform well for competitions	1	2	3	4	5
23	I can get my intensity levels just right for competitions	1	2	3	4	5
24	I can get myself ready to perform	1	2	3	4	5
25	I use relaxation techniques to improve performance	1	2	3	4	5
26	I use relaxation techniques as a coping strategy	1	2	3	4	5
27	If I’m starting to “lose it”, I use a relaxation technique	1	2	3	4	5
28	I relax myself to get ready to perform	1	2	3	4	5
29	My self-talk is negative during competitions	1	2	3	4	5
30	I have thoughts of failure during competitions	1	2	3	4	5
31	I imagine screwing up during competitions	1	2	3	4	5
32	Visual distractions would affect my performance	1	2	3	4	5
33	Environmental conditions affect my performance	1	2	3	4	5
34	My performance would be impaired by sleep loss	1	2	3	4	5
35	Loud noises would not affect my performance	1	2	3	4	5

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