Instructions for filling out the Injury Survey and Excel Sheet

Survey: The first line should be no problem to understand.

Asking about the sports: Only the current sports disciplines are to be filled in.

The question on having ever been injured includes all sports activities partaken in in past and now.

The next few questions are more descriptive and obvious. Fill out as well as you can. Also, all remaining questions are only dealing with the one most severe injury you selected.

The double arrow is supposed to have a length of 10 cm, however, when printing it never comes out at exactly this. The idea is that you set a marking on the line which can then be measured using a ruler and transferred as a number (between 0 and 10) into the excel sheet.

In the excel file, introduce abbreviations for the sports disciplines and add them to the list on sheet 2.

Column Q: enter numbers.

Column R: enter the time in years in decimals (1.5 years = 1 year and 6 months).

Column S: b c m t l stands for bone, cartilage, ... (There was a typo in the survey handed out during the lecture, the cartilage option was missing. The new version on the webpage is improved.)

Columns U and V: use short descriptive terms.

Column W: o m n x; use these letters to identify the options ticked.

Column Y: use numbers for the 4 options.

Column Z: measure the distance from the left end of the arrow to the marker (consider the printed length of the arrow by measuring that as well and rounding up or down).