



SECTION FOR SPORT SCIENCE  
DEPARTMENT FOR PUBLIC HEALTH  
AARHUS UNIVERSITY

## Questionnaire

FP-ID: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

E-mail: \_\_\_\_\_

Mobile: \_\_\_\_\_

Nationality: \_\_\_\_\_

Age: \_\_\_\_\_

Height (cm): \_\_\_\_\_

Weight (kg): \_\_\_\_\_

Waist (cm): \_\_\_\_\_

## EMACs 2017

Which competitions have you or are you going to participate in:

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

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**Sports activities (total)**

Hours per week with low/moderate intensity physical activities (walking, light gymnastic etc < 70% of max heartrate)\_\_\_\_\_ (write number of hours)

Hours per week with high intensity physical activities (such as running, sport cycling, aerobic etc. > 70% af max heartrate)\_\_\_\_\_ (write number of hours)

For how many years during your life have you been regularly physically active at least two times per week?\_\_\_\_\_



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## Diet:

We will now ask you questions related to your diet. Your answers should reflect your diet in the last 3 months up to today.

1. How often do you eat **fruit?**

\_\_\_ Less than 1 piece / week

\_\_\_ 1-2 pieces / week

\_\_\_ 3-4 pieces / week

\_\_\_ 5-6 Pieces / week

\_\_\_ 1 piece / day

\_\_\_ 2-3 pieces / day

\_\_\_ 4-5 pieces / day

\_\_\_ more than 6 piece / day)

2. How often do you eat **vegetables** (1 portion = about 100g) (potatoes are not included)

\_\_\_ Less than 1 portion / week

\_\_\_ 1-2 portions / week

\_\_\_ 3-4 portions / week

\_\_\_ 5-6 portions / week

\_\_\_ 1 portion / day

\_\_\_ 2-3 portions / day

\_\_\_ 4-5 portions / day

\_\_\_ more than 6 portions / day)



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3. How many times a week do you eat **fish?** (1 portion 100 g)

- Less than 1 portion / week
- 1-2 portions / week
- 3-4 portions / week
- 5-6 portions / week
- 1 portion / day
- 2-3 portions / day
- 4-5 portions / day
- more than 6 portions / day)

4. How many sliced **rye bread / whole grain bread** do you eat?

- Less than 1 slice / week
- 1-2 slices/ week
- 3-4 slices / week
- 5-6 slices / week
- 1 slice / day
- 2-3 slices / day
- 4-5 slices / day
- more than 6 slices / day)



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5. How often do you eat oat/whole grain cereals (1 serving = 1 dl)?

- Less than 1 portion / week
- 1-2 portions / week
- 3-4 portions / week
- 5-6 portions / week
- 1 portion / day
- 2-3 portions / day
- 4-5 portions / day
- + 6 portions / day)

6. How many cup of coffee?

- Less than 1 cup / week
- 1-2 cups / week
- 3-4 cups / week
- 5-6 cups / week
- 1 cups/ day
- 2-3 cups / day
- 4-5 cups / day
- + 6 cups / day)

7. How many glasses of wine?

- Less than 1 glas / week
- 1-2 glasses / week
- 3-4 glasses / week
- 5-6 glasses / week
- 1 glasses/ day
- 2-3 glasses / day
- +4 glasses / day

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8. How many bottles of **beer**?

\_\_\_ Less than 1 bottle / week

\_\_\_ 1-2 bottles / week

\_\_\_ 3-4 bottles / week

\_\_\_ 5-6 bottles / week

\_\_\_ 1 bottle / day

\_\_\_ 2-3 bottles / day

\_\_\_ +4 bottles / day

9. How many drinks of **liquors and spirits**?

\_\_\_ Less than 1 drink / week

\_\_\_ 1-2 drinks / week

\_\_\_ 3-4 drinks / week

\_\_\_ 5-6 drinks / week

\_\_\_ 1 drink / day

\_\_\_ 2-3 drinks / day

\_\_\_ +4 drinks / day

Total liters fluid per day? \_\_\_\_\_ and how many liters are pure water? \_\_\_\_\_

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## **Description of your current diet pattern**

Below are two description of two diet patterns. How well do each of them describe your **current diet habits** (the average over the last 3 months).

Diet pattern A	Diet pattern B
<ul style="list-style-type: none"> <li>• Dense in energy</li> <li>• Rich in fat (butter)</li> <li>• Rich in red meat</li> <li>• Typical refined cereals rich in sugar</li> <li>• Food products rich in sugar and fat and salt</li> <li>• Often intake of soft drinks</li> <li>• Candy bars, desserts, sweet bakery goods, savoury snacks</li> <li>• Deep-fried potatoes, savoury snacks, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Rich in plant foods</li> <li>• Rich in fresh fruit</li> <li>• Plant oil primary fat source (e.g. olive oil and rapeseed oil)</li> <li>• Pulses</li> <li>• Cheese, yoghurt</li> <li>• Fish at least two times a week</li> <li>• Low to moderate consumption of wine</li> <li>• Only small amounts of red meat.</li> <li>• Only whole grain cereals/bread</li> </ul>

0% = does not describe my diet habits at all. 100% = fits 100% with my diet habits.

Diet pattern A correspond to: \_\_\_\_\_% of my diet, and

Diet pattern B correspond to: \_\_\_\_\_% of my diet (In total: A + B = 100%)

## **Description of your previous dietary pattern (0-17 years old)**

How well does each of the descriptions above describe your dietary habits until you became 17 yrs old

Diet pattern A correspond to: \_\_\_\_\_% of diet before the age of 17 years, and

Diet pattern B correspond to: \_\_\_\_\_% of diet before the age of 17 years (In total: A + B = 100%)

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Smoking: No, never \_\_\_\_\_

No, but were smoking 0-20 years ago \_\_\_\_\_ Duration \_\_\_\_\_ yrs

No, but were smoking more than 20 years ago \_\_\_\_\_ Duration \_\_\_\_\_ yrs

Yes, 0-7 cigarettes per week (1 cigarette per day)

Yes, 8-21 cigarettes per week (2-3 cigarettes per day)

Yes, more than 22 cigarettes per week (more than 3 cigarettes per day)