

Supplementary Material 1

EDJCO Pilot Evaluation Questionnaire

Thank you for participating in the EDJCO project. The purpose of this evaluation questionnaire (which will take no more than 15 minutes to complete) is to establish your views and opinions on how satisfied you are with the developed EDJCO educational materials. Please, fill out the questionnaire and mark the responses which best reflect your views. There are 14 questions in total and we would greatly appreciate it if you could answer all questions. For several questions, you only need to mark one answer. Whether you have the opportunity to provide more than one answer to a question, this is indicated in the accompanying text. For several questions, a free text box is available to allow you providing additional comments, in any. There are no correct or incorrect answers. The questionnaire is anonymous and all responses will be kept completely confidential.

Part A: Socio-demographic characteristics

Your **nationality**: _____

Your **gender**:

- ☐ male
- ☐ female
- ☐ prefer not to say

Your **education**

[Indicate the highest qualification. (click on the appropriate item)]

1. No school qualification
2. Primary school qualification
3. Professional school qualification
4. High school qualification
5. University bachelor's degree
6. University master's degree
7. University PhD degree
8. Other (please specify).

Part B: the EdJCO education programme

How would you rate your first personal impression of the EdJCO educational program?

1. Very negative
2. Negative

3. Neither positive or negative
4. Positive
5. Very positive

Please provide additional **comments** on your first experiences of the EDJCO Education Program (either positive or areas for improvement):

How relevant do you perceive the module 'ORGANIZATION AND ENVIRONMENT' was for supporting judo coaches of older practitioners? With 'ORGANIZATION AND ENVIRONMENT' did you get useful and relevant information (e.g., economic status, family and social support, living conditions, spaces) (choose one of the following answers by ticking the relevant box):

1. Highly relevant
2. Relevant
3. Neutral
4. Limited relevance
5. Not relevant at all

Please provide additional **comments**

How relevant do you perceive the module 'AGING PROCESS' was for supporting judo coaches of older practitioners? With 'AGING PROCESS' did you get useful and relevant information (e.g., health-related aspects)

(choose one of the following answers by ticking the relevant box):

1. Highly relevant
2. Relevant
3. Neutral
4. Limited relevance
5. Not relevant at all

Please provide additional **comments**

How relevant do you perceive the module 'SAFETY AND FIRST AID' was for supporting judo coaches of older practitioners? With 'SAFETY AND FIRST AID' did you get useful and relevant information (e.g., diet and hydration)

(choose one of the following answers by ticking the relevant box):

1. Highly relevant
2. Relevant
3. Neutral
4. Limited relevance
5. Not relevant at all

Please provide additional **comments**

How relevant do you perceive the module 'PHYSIOLOGY AND FITNESS' was for supporting judo coaches of older practitioners? With 'PHYSIOLOGY AND FITNESS' did you get useful and relevant information (e.g., evaluation, motor literacy knowledge)

(choose one of the following answers by ticking the relevant box):

1. Highly relevant
2. Relevant
3. Neutral
4. Limited relevance
5. Not relevant at all

Please provide additional **comments**

How relevant do you perceive the module 'PSYCHOLOGY AND MENTAL HEALTH' was for supporting judo coaches of older practitioners? With 'PSYCHOLOGY AND MENTAL HEALTH' did you get useful and relevant information (e.g., psychological disorders, mood and emotional status)

(choose one of the following answers by ticking the relevant box):

1. Highly relevant
2. Relevant
3. Neutral
4. Limited relevance
5. Not relevant at all

Please provide additional **comments**

How relevant do you perceive the module 'TEACHING AND TRAINING' was for supporting judo coaches of older practitioners? With 'TEACHING AND TRAINING' did you get useful and relevant information (e.g., adapted judo techniques, realistic goals, training methodology)

(choose one of the following answers by ticking the relevant box):

1. Highly relevant
2. Relevant
3. Neutral
4. Limited relevance
5. Not relevant at all

Please provide additional **comments**

Does the EDJCO education programme help judo coaches in learning useful and valuable information regarding older practitioners and how to teach and train them?

On a 5-point scale indicate your agreement (1 = I completely disagree; 2 = I partially disagree; 3 = I am neutral; 4 = I partially agree; 5 = I completely agree)

- ☐ I know better how external factors (e.g., economic status, family, spaces) influences older judo practitioners: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ I know better the important aspects of the aging process: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ I am more aware of important aspect of safety and first aid: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ I am more confident on how to evaluate older practitioners: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ I am more aware of important aspect of mental health of older practitioners: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ I know better how to teach and train older judo practitioners: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Indicate your opinion regarding the text of the EDJCO education programme

On a 5-point scale indicate your agreement (1 = I completely disagree; 2 = I partially disagree; 3 = I am neutral; 4 = I partially agree; 5 = I completely agree)

- ☐ Easy to understand: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ Simple language: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ Too much information: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Indicate your opinion regarding the visual structure of the EDJCO learning programme On a 5-point scale indicate your agreement (1 = I completely disagree; 2 = I partially disagree; 3 = I am neutral; 4 = I partially agree; 5 = I completely agree)

- ☐ Well structured: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ Easy to navigate: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- ☐ Clear: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

On a five point scale indicate your overall score regarding the EDJCO education programme (choose one of the following answers by clicking on the relevant circle):

1. Poor
2. Needs improvement
3. Average
4. Good
5. Very Good