

KYSELYLOMAKE: FSD3510 E-URHEILIJOIDEN FYYSINEN HARJOITTELU 2015-2016

QUESTIONNAIRE: FSD3510 PHYSICAL TRAINING OF ESPORTS PLAYERS 2015-2016

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Tämä kyselylomake on osa yllä mainittua Yhteiskuntatieteelliseen tietoaarkistoon arkistoitua tutkimusaineistoa.

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

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This questionnaire forms a part of the above mentioned dataset, archived at the Finnish Social Science Data Archive.

If the questionnaire is used or referred to in any way, the source must be acknowledged by means of an appropriate bibliographic citation.

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Detta frågeformulär utgör en del av den ovannämnda datamängden, arkiverad på Finlands samhällsvetenskapliga dataarkiv.

Om frågeformuläret är utnyttjat eller refererat till måste källan anges i form av bibliografisk referens.

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Welcome!

The aim of this survey is to examine eSports players' training. The survey is meant for top level eSports players. It takes about 5 minutes to answer the survey. Answering is totally anonymous, and the responses will be dealt in strictest confidence and with principles for good scientific and ethical conduct.

The survey is organised by researchers from the University of Jyväskylä and the University of Turku, Finland. It is our mutual pleasure to enhance the culture of eSports and advance its understanding.

The survey is open until 31.1.2016. A warm thank you for your interest towards our survey.

The survey has 23 short questions. Please note that some questions are optional. You may choose not to answer all questions.

There are 23 questions in this survey

**[ ] Highest education**

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- Comprehensive school / Primary education
- Upper secondary school (or gymnasium)
- Education in university of applied sciences
- Bachelor or Master level in university
- Doctoral or equivalent level
- Other:

**[ ] Household type**

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- One person household
- One family household without kids
- One family household with kids
- Lone-parent family
- Communal living
- with eSports team
- Other:

Choose the one where you live most of the time

**[ ] Is eSports your primary source of income? \***

Please choose **only one** of the following:

- Yes
- No

[]

**What is your primary source of income?****Only answer this question if the following conditions are met:**

Answer was 'No' at question '5 [A5]' (Is eSports your primary source of income?)

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- Student financial aid
- Employee (other than eSports) with salary
- My own company (Entrepreneur)
- Unemployment compensation
- Disabled or unable to work compensation
- Military service or equivalent compensation
- Stay-at-home parent compensation
- Pension
- My parents support me financially
- Other:

If you are temporarily out of work because of vacation, holiday or other similar reason, answer according to your normal situation.

**[]How long have you been a professional eSports player? \*****Only answer this question if the following conditions are met:**

Answer was 'Yes' at question '5 [A5]' (Is eSports your primary source of income?)

Only numbers may be entered in this field.

Please write your answer here:

years

You can also report uneven years by using a dot. For example: 1.5 years or 0.5 years.

It is accurate enough to answer by 0.5 year margin.

[]

**Personal (average) yearly gross income from eSports related activities (in USD currency)****Including salary, sponsorship, prize money, etc.**Please choose **only one** of the following:

- Under 5 000
- 5 000 - 9 999
- 10 000 - 14 999
- 15 000 - 19 999
- 20 000 - 24 999
- 25 000 - 29 999
- 30 000 - 34 999
- 35 000 - 39 999
- 40 000 - 44 999
- 45 000 - 49 999
- 50 000 - 59 999
- 60 000 - 69 999
- 70 000 - 99 999
- 100 000 or over

You can find a currency converter here: <https://finance.yahoo.com/currency-converter/#from=EUR;to=USD;amt=1>

**This question is optional. If you are not willing or at liberty to answer this question, you can choose 'No answer'.**

**[ ] Do you have any other sources of income in addition to eSports?**

**Only answer this question if the following conditions are met:**

Answer was 'Yes' at question '5 [A5]' (Is eSports your primary source of income?)

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- Student financial aid
- Employee (other than eSports) with salary
- My own company (Entrepreneur)
- Unemployment compensation
- Disabled or unable to work compensation
- Military service or equivalent compensation
- Stay-at-home parent compensation
- Pension
- My parents support me financially
- No
- Other:

If you are temporarily out of work because of vacation, holiday or other similar reason, answer according to your normal situation.

**[ ] Nationality**

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- American
- Chinese
- Korean
- Japanese
- Swedish
- German
- Russian
- Polish
- Finnish
- Canadian
- British
- Dutch
- Ukrainian
- Other:

**[ ] In which continent (country) are you or your eSports team based? \***

Please choose **only one** of the following:

- Africa
- Asia (China)
- Asia (Korea)
- Asia (Japan)
- Asia (other countries)
- Australia
- Europe
- North America
- South America
- Other:

If you are based on different continent than your eSports team, answer according to your team.

## Page 2/3: Gaming background

[ ]

**What is the game you MAINLY play in competitive manner (eSports)?**

\*

Please choose **only one** of the following:

- Street Fighter
- Super Smash Bros.
- Marvel vs. Capcom
- Doom
- Quake
- Counter-Strike series
- Call of Duty
- Unreal Tournament
- Halo
- Painkiller
- Battlefield
- StarCraft: Brood War
- Warcraft III
- StarCraft II
- FIFA
- Dota / Dota 2
- League of Legends
- Smite
- Heroes of the Storm
- Heroes of Newerth
- World of Tanks
- World of Warcraft
- Hearthstone: Heroes of Warcraft
- Nintendo World Championships
- Pokémon
- Other:



**[ ] Do you play professional eSports as an individual athlete (Player vs Player) or in a team together with others (Team vs Team)? \***

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- Individual (player vs. player(s) )
- In a team (team vs. team(s) )
- Cannot say
- Other:

If the game can be played in both single player and multiplayer modes, choose the mode in which you primarily play when competing.

**[ ] With which platform do you play your main competitive game? \***

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- Computer (PC)
- Computer (MAC)
- Gaming Console
- Smart Phone
- Tablet / Pad
- Other:

## Page 3/3: Training

[ ]

### How many hours of training do you do daily?

\*

Only numbers may be entered in this field.  
Your answer must be at most 24

Please write your answer here:

hours / day

Total amount of all training related to being a better or more succesful player.

Hours per day **on average**.

You can also report uneven hours by using a dot. For example: 1hours 30minutes = 1.5 (hours) and 30 minutes = 0.5 (hours).

[ ]

### How many hours of PHYSICAL training do you do daily?

**For example: running, cycling, strength, gym-training, yoga, etc.**

\*

Only numbers may be entered in this field.  
Your answer must be at most 24

Please write your answer here:

hours / day

Hours per day on average.

You can also report uneven hours by using a dot. For example: 1hours 30minutes = 1.5 (hours) and 30 minutes = 0.5 (hours).

**[ ] Is there any variation in your physical training amounts between on-season and off-season? \***

Please choose **only one** of the following:

- Yes. I do more physical training during on-season than off-season.
- Yes. I do more physical training during off-season than on-season.
- No.
- I don't have distinct on-seasons and off-seasons
- Cannot say

On-season is the season when you have gaming tournaments/competitions.

Off-season is the season when there is a pause from gaming tournaments/competitions.

**[ ] Who plans your physical training program? \***

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- I do it myself
- My personal coach
- Team's head coach
- Team's physical coach/physiotherapist
- My team buys this as a service from outside
- I have no physical training plan. I just do whatever and whenever I feel like it
- Other:

**[ ]What is your MAIN reason for doing physical training? \***

If you choose 'Other:' please also specify your choice in the accompanying text field.

Please choose **only one** of the following:

- To maintain or improve my overall physical health
- To maintain or improve my physical capacity
- To lose weight, gain muscles, or tone my body (physical appearance)
- For fun or enjoyment of exercising
- To be more successful in eSports
- I don't do any physical training
- Cannot say
- Other:

**[ ]How do you perceive that doing PHYSICAL training has affected your performance level in eSports? \***

Please choose **only one** of the following:

- Significantly negatively
- Somewhat negatively
- No significant effect
- Somewhat positively
- Significantly positively
- Cannot say

[]

**Compared to your team mates, do you believe you are doing more or less physical training than they do?**

\*

Please choose **only one** of the following:

- Significantly less
- Somewhat less
- About the same amount
- Somewhat more
- Significantly more
- Cannot say

[]

**Do you believe that the physical appearance of a player can influence the competitive performance of others?**

\*

Please choose **all** that apply:

- Yes, I believe my opponent has been intimidated by my (or my teammate's) physical appearance
- Yes, I have been intimidated by the physical appearance of my opponent
- No, I don't believe that there is any influence

Choose all 'Yes' -options that apply OR 'No' -option.

## **Free comments**

**[]If there is still something you would like to say or comment, you can write it below. Also all kinds of comments concerning the survey or the topic are welcomed.**

Please write your answer here:

**Click submit to save the responses**

Thank you



Thank you for your responses!

Submit your survey.

Thank you for completing this survey.