Questionnaire:

A sociology of freediving
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Name (voluntarily): ____________________________
Age: _______________ Educational background: ____________________________
Occupation: ____________________________

How long have you been freediving? ____________________________
Why did you take up freediving? ____________________________

How many hours per week do you train freediving? (Mark with an x)
- 0-2
- 2-5
- 5-10
- 10-15
- More than 15 hours per week

Do you train other things than freediving? (Mark with an x)
- Weight training
- Cardio training
- Yoga
- Meditation
- Other

How many hours per week do you spend on this training, besides freediving? (Mark with an x)
- 0-2
- 2-5
- 5-10
- 10-15
- More than 15 hours per week

How many hours per week do you spend on these activities? (Mark with an x)
- 0-2
- 2-5
- 5-10
- 10-15
- More than 15 hours per week

What is your favorite discipline in freediving?

What is your personal record in this discipline?

How important is the mental vis-a-vis the physical side of freediving to you? (Mark with an x)
- 10 % mental/90 %
- 25 % mental/75 %
- 50 % mental/50 %
- 75 % mental/25 %
- 90 % mental/10 %
- Cannot be separated

Thank you for your help! I would be happy to do an interview with you, if you are interested?
- Sorry, no
- Yes! Contact me at: ____________________________