

YOU ARE INVITED TO PARTICIPATE IN A RESEARCH STUDY:

Physical Activity and Sport for Young People in the Region of Waterloo

Purpose: Physical activity and sport are important for social, physical, and psychological development; however, there are many barriers that hinder families from becoming active. The purpose of this research is to examine the physical activity and sport involvement of young people within the Region of Waterloo and determine if there are any barriers to participation. The findings will be used to develop programs that fit the needs of families in the region.

About the Researchers: The two principal researchers are PhD candidates at Wilfrid Laurier University who are conducting this research with Sun Life's Centre for Physically Active Communities. The research advisors (Dr. P. Bryden, Dr. P. Fletcher, Dr. J. Robertson-Wilson, and Dr. M. Eys) are professors in the Department of Kinesiology and Physical Education.

Participants: Caregivers of children aged 4 to 18 who live in Kitchener, Waterloo, Cambridge, or the surrounding townships are invited to participate in this study.

Procedure: Caregivers will be asked to complete an online survey that requires approximately 20-25 minutes. This survey includes demographic information, as well as information about the children(s) participation in physical activity and sport.

After completing the survey, the caregiver has the opportunity to participate in an interview with one of the principal researchers to provide more details about physical activity and sport involvement in the Region of Waterloo. If interested, the caregiver will provide his/her contact information that will be separated from the survey data. Caregivers have no obligation to provide contact information, and they can withdraw this contact information from the researchers at any point in time.

Should you be interested in participating, you will be contacted within one month of providing your contact information. Your contact information will be stored on a password protected computer for up to five years. Your data from this study will be kept indefinitely, which allows for reanalysis in the future.

Interested in Participating?

If you are interested in participating in the survey, please follow link one below.

1. https://wluppsychology.co1.qualtrics.com/jfe/form/SV_29losaZSL4aKKTr

If you are interested in participating in the interview and not the survey, please follow link two below.

2. https://wluppsychology.co1.qualtrics.com/jfe/form/SV_e57FIKDA2b4dlc5

If you would like more information, please contact Nicole Reinders at nreinders@wlu.ca.