

Wearable Technology in sport SFF pre pilot

Age

Are you aged 16 or over * *Required*

Yes

No

Participant information

LIVERPOOL JOHN MOORES UNIVERSITY

Participant Information Sheet

Title of Study: An investigation into the use of wearable technology in football in higher and further education settings in the United Kingdom

School: Sport and Exercise Sciences

Name and Contact Details of Student:

Mr Peter Tierney

P.J.Tierney@2019.ljmu.ac.uk

Name and Contact Details of the Supervisor:

Dr Simon Roberts

S.Roberts2@ljmu.ac.uk

0151 231 4099

You are being invited to take part in a research study. Before you decide if you want to take part, it is important for you to understand why the study is being done and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please ask if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for reading this.

1. What is the purpose of the study?

The purpose of this study is to determine what benefits there are in the use of wearable technology in football further education settings in the United Kingdom. In addition, to establish if its use can transfer to the classroom and across the curriculum to benefit students attainment levels, engagement and overall experience.

This project aim is to examine the use of wearable technology in football in HE and FE settings, and to develop an understanding of its use for performance and education across the football landscape. The importance of this study is further underpinned as in the HE sector more courses include the use of wearable technology and the FE sector the new and developing qualifications such as the revamped BTEC set of qualifications and new apprenticeship schemes includes components of wearable technology, this aligned with the increase in demand within the industry to better understand the use of wearable technology in football industry.

This project is led by the student conducting the research

This study hopes to answer the following questions

In terms of the use of wearable technology,

- How is wearable technology currently perceived from all stakeholders
- effects of use on student engagement
- identify any transfer from use in sport to classroom
- identify any extended use away from college
- what impact its use has on student education
- what impact it has on student football performance

2. Why have I been invited to participate?

You have been invited because you are over 16 and involved in football, and attend a Further Education type setting.

3. Do I have to take part?

No. It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep. You can withdraw at any time by informing the investigators without giving a reason and without it affecting your rights.

4. What will happen to me if I take part?

If you agree to take part then:

- You will be asked to complete a pre and post questionnaire that should take approximately 10-20 minutes surrounding your knowledge and experience of wearable technology.
- You will use wearable technology in sport being performed for all training and games

for the duration of the study

- you will use the data generated to perform analysis and create reports aligned to your coursework

5. What are the possible disadvantages and risks from taking part?

It is not anticipated that there are any risks or cause discomfort for participating in this research as this is all within your normal daily workings.

6. What are the possible benefits of taking part?

These are that you will gain an understanding surrounding the use of wearable technology and capture data on your own performance.

7. What will happen to the data provided and how will my taking part in this project be kept confidential?

The information you provide as part of the study is the **research study data**. we do not need to use personal data, so if found it will be deleted or identifiers will be removed. Personal data does not include data that cannot be identified to an individual (e.g. data collected anonymously or where identifiers have been removed). However, you will be allowed to keep any personal data that you record for your own use.

8. What will happen to the results of the research project?

The investigator intends to *complete a dissertation to satisfy their degree programme and publish the results in a dissertation and this may lead to publication in a peer reviewed journal article*

9. Who has reviewed this study?

This study has been reviewed by, and received ethics clearance through, the School of Education Ethics Committee LJMU Ref: 20/SPS/TBC

10. What if you are concerned about something that is part of the study?

If you have a concern about any aspect of this study, please contact the relevant investigator and their Supervisor, who will do their best to answer your query. The researcher and Supervisor should acknowledge your concern within 10 working days and give you an indication of how they intend to deal with it. If you wish to make a complaint, please contact the chair of the School of Education Ethics Committee (Jo Frankham j.frankham@ljmu.ac.uk) and your communication may be re-directed to an independent person as appropriate.

11. Data Protection Notice

Liverpool John Moores University is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Liverpool John Moores University will process your personal data for the purpose of research. Research is a task that we perform in the public interest. Liverpool John Moores University will keep identifiable information about you for a maximum of 5 years after the study has finished. This information will be stored securely.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible. You can find out more about how we use your information by contacting secretariat@ljmu.ac.uk.

If you are concerned about how your personal data is being processed, please contact LJMU in the first instance at secretariat@ljmu.ac.uk. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

12. Contact for further information

Name and Contact Details of Student: Mr Peter Tierney

P.J.Tierney@2019.ljmu.ac.uk

Name and Contact Details of the Supervisor: Dr Simon Roberts

S.Roberts2@ljmu.ac.uk

Thank you for reading this information sheet and for considering taking part in this study.

Please read and answer the following statement "I have read the information sheet provided and I am happy to participate. I understand that by completing and returning this

questionnaire I am consenting to be part of this study and for my data to be used as described in the information sheet provided” please answer to confirm you have read the statement and agree to it. * Required

Yes

No

About you and your own personal use of wearable technology

GENDER * *Required*

- Male
- Female
- Other
- Prefer not to say

What is wearable technology in sport (in the box below describe in as few words what you think wearabe technology is in sport)

Have you used any wearabe technology before * *Required*

- never used
- new user less than 1 month
- up to 6 months
- up to 1 year
- 1-2 years
- used for a period then stopped

Do you currently use any wearable technology (can be for sport or personal use) * *Required*

- Yes
- No

Do you have your own wearable technology

- Yes
- No

what wearable technology do you have

If you selected Other, please specify:

What do you use wearable technology for please tick all that apply * *Required*

Please select between 1 and 8 answers.

- monitor own exercise/training
- Count steps
- Monitor sleep
- Monitor heart rate
- Continuous monitoring during the day
- Continuous monitoring day and night
- Monitor all activity 24/7
- Other
- N/A

If you selected Other, please specify:

How often do you use wearable technology * *Required*

- Every day
- 2-3 days per week
- 4-7 days per week
- 1-3 times per week
- Only in football calendar pre-in-post season
- Only term time
- All year round
- Other

If you selected Other, please specify:

About the use of wearable technology in football

What types of wearable technology are used in football

Which are the most popular items of wearable technology used in football for training and games

- Ankle/boot
- Heart rate chest strap
- Apple watch
- Fit bit
- GPS vest
- Garmin watch
- Go pro camera
- Joint sensors
- other

What can wearable technology be used for in football

What does GPS stand for

what can a GPS type devices be used for (tick those that apply)

Please select between 2 and 14 answers.

- Measure physical performance
- Warn of injury
- Improve technique
- Improve football skills
- monitor my heart rate
- Help me with my classwork
- Measure football performance
- Tell me how well i am doing at football
- Improve my maths skills
- Inform me how well i am feeling today
- Improve my language skills
- Give me a better understanding of technology
- Other
- Always tell me where i am

If you selected Other, please specify:

Who uses wearable technology in Football (tick only those that apply)

Please select between 2 and 14 answers.

- Players
- Nutritionist
- Doctor

- Kit man
- Analysts
- Chef
- Manager
- Chairman/Board members
- Coaches
- club/team owner
- Physiotherapists
- player agent
- Media (TV & newspapers)
- Strength and Conditioning coach
- Heads of education
- Sport scientist
- Lecturers
- Scouts
- other not listed

If you selected Other, please specify:

Do you think its use is good or bad in football

- Good
- Bad
- No change

If you were able to use wearable technology for yourself would you use it

- Yes
- No
- Unsure

Would you like to use your mobile phone in the classroom

- More
- Less
- remain the same

By using wearable technology how do you feel it will help you

Your answer should be no more than 75 characters long.

Thank you

Thank you for your time, you are not over the age of 16 or agreed consent therefore not eligible to participate in this survey.

Final page

Thank you for taking part in this research and completing the questionnaire

Key for selection options

7.a - what wearable technology do you have

wrist based device

vest type

chest strap type

Other
