

Survey:

### **Identification Questions**

Age

Gender

### **Swimming Background (open ended)**

Do you participate in another organized sport?

If no, at what age did you begin ONLY swimming for sport participation?

On average, how many yards per practice do you swim?

In a typical week, how many practices per week do you swim?

Have you ever experienced shoulder pain that requires you to either stop training/competition or modify training? YES NO

Have you ever experienced a shoulder pain that required you to either stop training/competition or modify training for two or more weeks? YES NO

Do you currently have shoulder pain? YES NO

For the following section, please indicate if you strongly agree, agree, neutral, disagree or strongly disagree.

### **Intention of swimming with shoulder pain**

#### **Attitude**

- My swimming with mild shoulder pain is normal and should be tolerated in order to complete the necessary yardage in practice.
- My swimming with moderate shoulder pain is normal and should be tolerated in order to complete the necessary yardage in practice.
- My swimming with severe shoulder pain is normal and should be tolerated in order to complete the necessary yardage in practice.
- Taking time off swimming due to shoulder injury is not a practical option if I want to succeed at a high level.

#### **Perceived Subjective Norm**

- My teammates believe swimming with mild shoulder pain is normal and should be tolerated in order to complete the necessary yardage in practice.
- My teammates believe swimming with moderate shoulder pain is normal and should be tolerated in order to complete the necessary yardage in practice.
- My teammates believe swimming with severe shoulder pain is normal and should be tolerated in order to complete the necessary yardage in practice.
- My teammates think that taking time off swimming due to shoulder injury is not a practical option to succeed at a high level.

#### **Behavioral Control**

- My coach(es) believes that mild shoulder pain is normal and should be tolerated to complete the necessary yards.
- My coach(es) believes that moderate shoulder pain is normal and should be tolerated to complete the necessary yards.

- My coach(es) believes that severe shoulder pain is normal and should be tolerated to complete the necessary yards.
- My coach(es) think that taking time off swimming due to shoulder injury is not a practical option to succeed at a high level.

### **Behavioral Intention**

- I intend to swim with mild pain because it will go away.
- I intend to swim with moderate pain because it will go away.
- I intend to swim with severe pain because it will go away.
- I do not intend to swim with any amount of shoulder pain.

## **Intention of participation in a shoulder Injury Prevention Program**

### **Attitudes**

- My participating in a shoulder injury prevention program would be beneficial.
- My participating in a shoulder injury prevention program would decrease my chances of having a shoulder injury.
- My participating in a shoulder injury prevention program would improve my swimming performance.
- My participating in a shoulder injury prevention program would improve my knowledge of shoulder injuries and shoulder injury prevention programs.
- My participating in a shoulder injury prevention program would take too much time.
- My participating in a shoulder injury prevention program would be dependent on the location of the program.

### **Perceived Subjective Norms**

- My health care providers (doctor/athletic trainer/physical therapist) would approve of my participation in a shoulder injury prevention program.
- My coach/strength coach would approve of my participation in a shoulder injury prevention program.
- My parents would approve of my participation in a shoulder injury prevention program.
- My teammates/friends would approve of my participation in a shoulder injury prevention program.

### **Perceived Behavioral Control**

- I am confident that I can participate in a shoulder injury prevention program.
- My participation in a shoulder injury prevention program is up to me.
- If my entire team was participating in a shoulder injury prevention program, I would be more likely to participate.
- If there were evidence shoulder injury prevention programs improved athletic performance, I would be more likely to participate.
- If I had access to a shoulder injury prevention program, I would participate.

### **Intention**

- I intend to participate in a shoulder injury prevention program if it were offered to me.
- If my team was participating in a shoulder injury prevention program, I would

participate, too.

- If I was given a shoulder injury prevention program to perform at home, I would participate.
- If a health care provider led a shoulder injury prevention program session, I would attend.