

Research Report

Main question: Are there enough sport facilities available for each age group?

Our group decided to go for interviews as our method of research. Lara has designed all the questions and prepared the interview questions on the platform survey monkey. Merel made the conclusion. Everyone in our group interviewed 1 person of different ages to get a good overview in the answers to the questions.

We made the interview in Dutch but translated all the answers into English.

Interview results:

In the following link you can find the interview results of the 4 persons interviewed:

https://docs.google.com/forms/d/1quZeX05d6nBrqjkkf625QimeM9t2R5NUcqsqTbLyE0/edit#response=ACYDBNgWaBmcGmahjpdjiMaWKJ5CQy62pwwJxf3z_7tDnhA9Lscpv0m-5t3N-UWUEVrbIO8

Interview summary:

Lara interviewed Nannie Hage (70).

Nannie Hage seventy years of age has a very active sports life. According to her, there are enough sports clubs and sports facilities nearby where she lives. She started playing sports from a young age. In her younger years tennis and swimming were her favorite sports, but since many years she does not play tennis anymore. She still continues swimming and she also plays golf, she goes to the gym where she is exercising and dancing. Nannie Hage is satisfied with the range of sport facilities offered. She is so very happy that nowadays most of the sport clubs offer special 65+ programs. For example she swims once a week with people of her same age. Also in the gym there are special 65+ training hours where they exercise and dance with age peers. When Nannie stopped playing tennis she started playing golf. Golf is also a sport which you can play up to a high age and therefore many golf players are retired from work and have the same age range. So Nannie Hage is very satisfied and because of playing sports she meets a lot of people of her own age. When I asked Nannie Hage if she has any recommendations to improve sport facilities in her neighborhood she mentioned more public outdoor sport equipment. She thinks that this would help elderly people to start exercising more easily and stay healthy.

Madelief interviewed Vera Bakker (46)

The 46 year old Vera Bakker loves to walk. She never had a very active lifestyle when she was younger. This wasn't because she didn't want to but simply because no one in her family was very keen on sports. She did scuba diving when she was about 12. Now she has a very physical job and that alone is already a workout. She told me that for her, even though she doesn't really participate in a sport, there are enough opportunities for her to have an active lifestyle. Because she walks a lot, especially in the evening, it is mostly dark. This is why she thinks there should be more light next to the roads. This is mainly for safety, cars and other people will be able to see you better.

Amber interviewed Naomi de Jong (25)

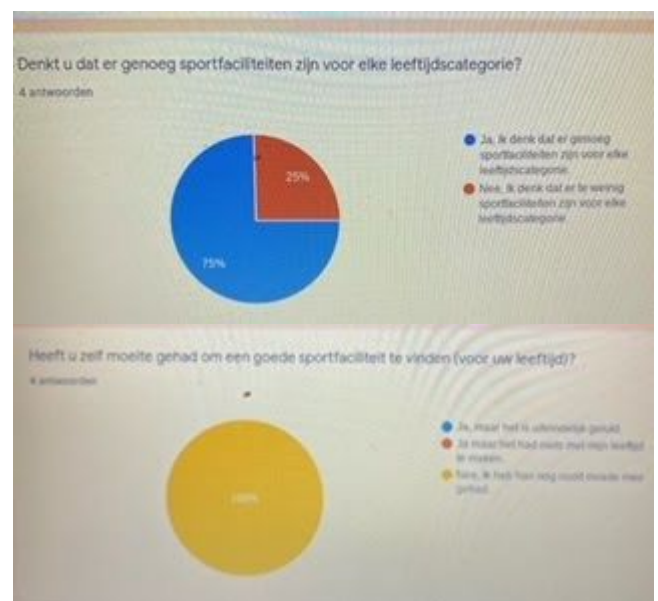
Naomi de Jong is 25 years old and grew up with parents who were always busy with doing sports. In their first house they always had a room with a lot of sports equipment everyone in the house could use. When Naomi was four years old she started doing gymnastics, she did that for a long time. When she turned fourteen, she started playing basketball with her friends together. She stopped doing gymnastics when she was sixteen because she wanted to focus on basketball. But eventually she changed her mind. She has been playing volleyball for a few years now, she has a great team. Naomi thinks there are not enough sports facilities for every age category. She thinks the municipality should be able to propose more things for children under the age of sixteen. She never had any problems finding sports facilities as a child, her parents arranged everything for her.

Merel interviewed Floris Ruitenbeek (16)

The 16 years old Floris Ruitenbeek played for first time a sport when he was 4 years old. That sport was swimming, because everyone needs to do that but he really liked it. When he was done with swimming he played soccer for 6 years. He did that because almost every boy played soccer and also all his friends. He liked it because he was with his friends, but not really the sport, but he didn't know what other sport he could do. When he was 12 years old he stopped playing soccer, and started playing hockey, because his little sister (me) started to play hockey and he also really liked it. Now he plays hockey for 4 years and really likes it. When I asked what needs to change about the sport facilities he said, the canteens by the sport fields need to be better and cleaner. Because it's a mess and very dirty.

Conclusion:

- 100% of the people who we interviewed said that there are enough sports facilities for there age group
- 75% of the people who we interviewed said that there are enough sports facilities for every age group



- 100% of the people who we interviewed said that it was easy to find a sport for their own age group.

- 50% of the people who we interviewed said that they do the same sport for longer than 6 years, and the other half said that they do the same sport for less than 5 years.

- 100% of the people who we interviewed said that there are enough people of the same age in there sport group

