

PARENTAL INVOLVEMENT INTERVIEW IN CHILDREN'S PHYSICAL ACTIVITY

This interview is part of the Erasmus + Sport project "Athletics for young people and teachers throughout Europe (**AYTOE**)" with the aim of knowing the parent's involvement in children's physical activity.

DIMENSIONS:

- SPORT VALUES ACORDING TO PARENTS
 - What is your relationship with sports?
 - **We think sports are very important for our children's growth and education. We practice sports and we encourage our children to do the same.**
 - What do you think about your child playing sports? / Why do you think your child should DO sports?
 - **I think sports should complete our children's education and growth for a full development of mental, social and relational abilities.**
 - What implicit values do you think are in the sport and are suitable for your child?
 - **We taught our children that, at their age, enjoying sports with their friends is more important than winning. Respecting rules and learning fair play is important too. Victories come from defeats.**
 - What importance do you give to your child's sport among his/her other activities? (school, afterschool activities, leisure time ...)
 - **Our children practice sports two or three times a week on average, in the afternoon, for a total of about 5 hours. The other hours are dedicated to study and to other sports and non-sports activities (music, etc.)**
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- PARENTS RELATIONSHIP WITH SPORTS SCHOOL
 - What do you think about Matera's sports offer?
 - **We are satisfied with the sports offers in the town of Matera. It is possible to practice almost all sports.**
 - What is your opinion about the sports schools in Matera
 - **We are quite satisfied with the sports associations in Matera. The skills of the staff of coaches and instructors should be improved.**
 - What do you think of the sports school to which your child belongs?
 - **Satisfied.**

- INVOLVEMENT OF PARENTS IN THEIR CHILDREN'S SPORT
 - Do you collaborate in any way with the sports school?
 - **We accompany them to the lessons and sometimes we assist to the training courses. We try to take part in the competitions and meetings/parties which are organized (for ex. birthdays, association parties, etc.). Before starting courses, we buy the requested sports equipment, we bring our children to sports medical examination. We also monitor their food. And we pay the registration fee to attend the courses.**
 - What relationship do you have with the other parents of the sports school?
 - **We have a good relationship with the other parents, in and out of the sports school. We became friends to some of the parents and we also meet on occasions which have nothing to do with sports**
 - How much does your child playing sport affect your life?
 - **Since our children attend courses, we changed our lifestyle habits. Our priority goes to their activities and our activities are in the background.**

- RELATIONSHIP BETWEEN FATHER/MATHER AND SPORTS COACH
 - What kind of relationship and communication do you have with your child's sports coach?
 - **Total confidence in the coach. We parents know the coach's academic training and the coach's experience and we trust the coach's decisions**
 - Do you share your opinion about your child's training and competitions with his/her sports coach?
 - **Periodic exchange of information between parents and coach**
 - **The coach will report on our children's improvement**
 - **Social relationship between parents and coach out of the sports school**
 - **Parents share their opinion with the coach on their children's sports development**
 - How do you consider the way your child is trained by his/her sport coach?
 - **We are satisfied with how our children are trained. They are achieving remarkable improvements**
 - What kind of information does the sports coach offer about your child's own progress?
 - **We periodically ask the coaches if our children complete the training sessions and how. We also discuss with them on the achieved improvements**
 - Do you talk to your child's sports coach about how he/she should train your child?
 - **No, we trust them and we don't interfere with their choices**

- **SUPPORT AND UNDERSTANDING**

- What speech do you have with your child about how he / she is doing in sports?
- **We parents periodically ask our children if they like the sports they practice, the training sessions they do and the competitions they play in**
- How do you think your child feel with his/her sport practice?
- **We think he/she is satisfied. He/She chose that sports discipline, we didn't force anything**
- Why does your child do sport?
- **Because, when young, it contributes to his/her growth and education**
- What kind of relationship would you say that your child has with his/ her sports coach?
- **Positive**
- And with his/her sport mates?
- **Mostly positive. Some of them also became friends to them.**
- How do you support your child in his/her sport practice?
- **Accompanying him/her to training sessions, to competitions, paying the registration fee, buying sports equipment, etc.**
- Do you show what you really feel about your child's involvement to him/her?
- **We are very proud and happy our children practice sports. Then if they win we are even happier and congratulate them, their coaches and the sports association**

- MANAGEMENT BEHAVIOUR

- Do you normally give some kind of advice or guidance to your child about his/her sport involvement?
- **Sure. We too were athletes at a competitive level and we give them our best advice**
- Please, would you tell me how is to watch your child's training or competition? What does it mean for you?
- **Before a competition, we try to encourage our child, we accompany him/her to the competitions and we support the team and him. During the training sessions, we don't interfere with the coach's choices**

- PARENT'S EXPECTATIONS ABOUT THEIR CHILDREN

- What expectations does your child have in the sport?, What opinion do you have about those expectations?
- **All of our children would like to become champions. But we told them that at their age they just have to have fun and feel good. Sports must be a game!**
- What are your expectations about your child's involvement in sport?
- **We don't have any particular expectations. We are happy that our children practice sports. Results will come later**

- PARENTS BEHAVIOUR IN COMPETITIONS

- How many of your child's training or competition have you been able to watch?
 - **All of our children would like to become champions. But we told them that at their age they just have to have fun and feel good. Sports must be a game!**
 - How do you feel when watching your child compete?
 - **We try to accompany our children to all the training sessions. We**
 - How do you feel your child to cope with the competitions?
 - **I am proud of him/her. Before a competition, I always encourage him/her by saying he/she must do his/her best for the team too**
 - Do you share opinion about your child's sport performance with him/her? What do you usually tell him/her?
 - **I support him/her and encourage him/her to do the training sessions and invite him/her not to skip any of them**
 - **When our children come back from races, we ask how it went. If the race did not go well, we encourage them to do better next time. We always remind them that there is always one winner, and the other one is the loser**
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- PARENTS PRESSURE

- What is really important for you to participate or to win?
- **Win (60%) Participate (40%)**
- How do you think your child feels about your involvement in his/her sport?
- **Our children feel like they have to repay the support they receive with their sports results**
- Do you think your child works well under pressure?



- **No, he/she works badly**
 - Would do you say that you have put your child under pressure?
 - **Absolutely not. We encourage and we support him/her especially after a defeat**