

Q1 Do you agree to participate in this survey under these conditions?

- Yes (1)
- No (2)

Skip To: End of Survey If Do you agree to participate in this survey under these conditions? != Yes

End of Block: Introduction

Start of Block: Coach Demographic

Q2.1 What is your age?

- 18-24 years old (1)
 - 25-34 years old (2)
 - 35-44 years old (3)
 - 45-54 years old (4)
 - 55-64 years old (5)
 - 65-74 years old (6)
 - 75 years or older (7)
-

Q2.2 Gender?

- Female (1)
 - Male (2)
 - Prefer not to say (3)
 - Prefer to self-describe (4) _____
-

Q2.3 Ethnicity?

- Asian (1)
 - Black/ African (2)
 - Caucasian (3)
 - Hispanic/ Latin (4)
 - Native American (5)
 - Pacific Islander (6)
 - Prefer not to answer (7)
 - Prefer to self-describe (8) _____
-



Q2.4 In which country do you currently work?

▼ Afghanistan (1) ... Zimbabwe (1357)

Q2.5 How many years have you worked as a strength and conditioning practitioner?

- < 2 years (1)
 - 3-5 years (2)
 - 6-8 years (3)
 - 9-11 years (4)
 - 12-14 years (5)
 - 15-17 years (6)
 - 18-20 years (7)
 - > 20 years (8)
-

Q2.6 Which of your sports do you prescribe eccentric-based training? (Check all that apply)

- American football (1)
 - Athletics (2)
 - Australian rules football (3)
 - Baseball (4)
 - Basketball (5)
 - Football (6)
 - Ice Hockey (7)
 - Rugby League (8)
 - Rugby Union (9)
 - Swimming (10)
 - Volleyball (11)
 - Other (Please specify) (12)
-

None (13)

Q2.7 What level does your team currently compete at?

- Professional (1)
 - Elite/nonprofessional (2)
 - Semi-professional (3)
 - Representative (Provincial/National) (4)
 - Other (Please specify) (5) _____
-

Q2.8 Please indicate any professional certifications you hold in the field of strength and conditioning, and how long you have held them. (Check all that apply)

- Australian Strength and Conditioning Association (1)

 - Collegiate Strength and Conditioning Coaches Association (2)

 - National Strength and Conditioning Association (3)

 - United Kingdom Strength and Conditioning Association (4)

 - Other (5) _____
-

Q2.9 What is the highest degree or level of school you have completed? If currently enrolled, highest degree received.

- No schooling completed (1)
 - High school graduate, diploma or the equivalent (for example: GED) (2)
 - Some college credit, no degree (3)
 - Associate degree (4)
 - Bachelor degree (5)
 - Master degree (6)
 - Doctorate degree (7)
-

Q2.10 Please leave any comments or feedback on the Coach Demographic section in the space below.

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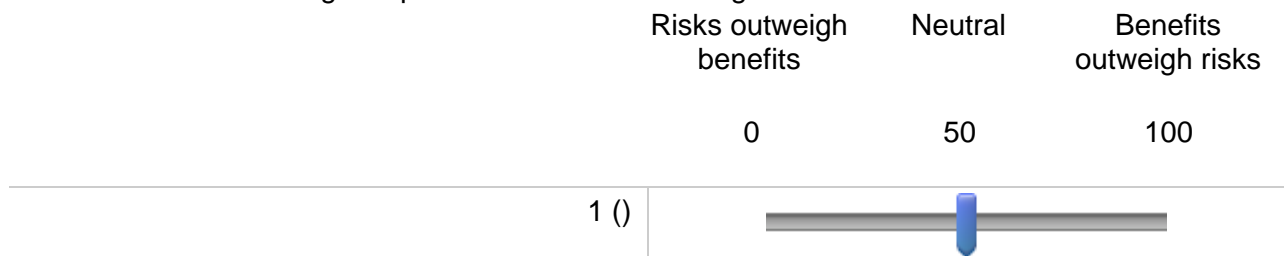
End of Block: Coach Demographic

Start of Block: Perceptions of Eccentric Training

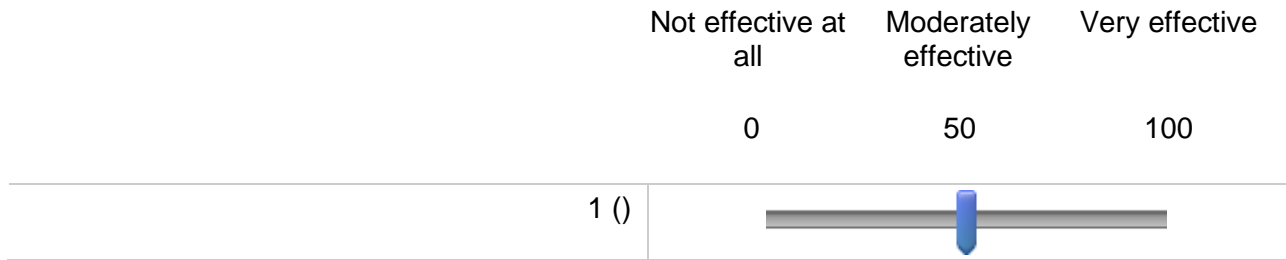
Q3.1 Which, if any, of the following have you used as a source of eccentric-based training knowledge? (Check all that apply)

- Academic journal (1) _____
 - Website (2) _____
 - Book (3) _____
 - Conference (4) _____
 - Workshop (5) _____
 - Professional colleagues/ other programs (6) _____
 - Other (Please specify) (7) _____
 - None (8)
-

Q3.2 In your opinion, please rate the balance between the risks and benefits of implementing eccentric-based training compared to traditional training methods.



Q3.3 Please rate the efficacy of eccentric-based training compared to traditional training methods.



Q3.4 Have you prescribed eccentric-based training for your athletes in the past 24 months?

- Yes (1)
- No (2)

Display This Question:

If Have you prescribed eccentric-based training for your athletes in the past 24 months? = No

Q3.5 Please briefly explain your main reasons for excluding eccentric-based training.

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End of Block: Perceptions of Eccentric Training

Start of Block: Athlete Demographics

Q4.1 What is the biological age range, in years, of the athletes you design training programs for? (Check all that apply)

- < 17 years (1)
 - 17 to 20 years (2)
 - 21 to 25 years (3)
 - 26 to 30 years (4)
 - 31 to 35 years (5)
 - > 35 years (6)
-

Q4.2 What is the training age range of the athletes you design training programs for? (Check all that apply)

- < 6 months (1)
 - 6 months to 1 year (2)
 - 1 to 2 years (3)
 - 3 to 5 years (4)
 - 6 to 8 years (5)
 - 9 to 11 years (6)
 - > 11 years (7)
-

Q4.3 Please describe the sex of your athletes.

Female (1)

Male (2)

Mixed (3)

Prefer to self-describe (4)

Q4.4 Please leave any comments or feedback on the Athlete Demographic section in the space below.

End of Block: Athlete Demographics

Start of Block: Program Design

Q5.1 At what time in a yearly training cycle do you prefer to implement eccentric-based training?
(Check all that apply)

- Post-season (1)
 - Off-season (2)
 - Pre-season (3)
 - Early competition phase (4)
 - Late competition phase (5)
 - Playoffs (6)
 - Other (7) _____
-

Q5.2 Please rank the reasons you might include eccentric-based training in your program.
(Include all that apply)

Reasons to include eccentric-based training

- _____ General Physical Performance (1)
 - _____ Sport Specific Performance (2)
 - _____ Injury Prevention (3)
 - _____ Injury Rehabilitation (4)
 - _____ Other (5)
 - _____ Other (6)
-

Q5.3 Which athletic abilities do you intend to improve with eccentric-based training? Please explain. (Check all that apply)

- Speed (1) _____
 - Strength (2) _____
 - Power (3) _____
 - Hypertrophy (4) _____
 - Flexibility (5) _____
 - Other (6) _____
-

Q5.4 What other athletic abilities do you target within the same training block? Please explain. (Check all that apply)

- Speed (1) _____
 - Strength (2) _____
 - Power (3) _____
 - Hypertrophy (4) _____
 - Flexibility (5) _____
 - Other (6) _____
-

Q5.5 What other forms of training are performed during an eccentric-based training block?
Please explain (Check all that apply)

Speed (1) _____

Skill (2) _____

Technical/ Tactical (3)

Team training (4) _____

Fitness/ Energy system development/ Conditioning (5)

Other (6) _____

Q5.6 Do you actively avoid any specific athletic ability or form of training during an eccentric-based training block?

Q5.7 What is the duration, in weeks, of a typical eccentric-based training block?

- < 1 week (1)
 - 1 to 3 weeks (2)
 - 4 to 6 weeks (3)
 - 7 to 9 weeks (4)
 - 10 to 12 weeks (5)
 - > 12 weeks (6)
-

Q5.8 Do you currently use any form of training monitoring to quantify eccentric-based training load or fatigue? Please explain.

- Yes (1) _____
 - No (2)
-

Q5.9 Do you use any eccentric-specific testing to assess physical performance? Please explain.

- Yes (1) _____
 - No (2)
-

Q5.10 Please rank the most important exercises you use when prescribing eccentric-based training. (Include all that apply)

Most important eccentric exercises

- _____ Back Squat (1)
- _____ Bench Press (2)
- _____ Bent Over Row (3)
- _____ Deadlift (4)

_____ Pull Up (5)

_____ Rear-foot Elevated Squat/ Bulgarian (6)

_____ Other (7)

_____ Other (8)

_____ Other (9)

Q5.11 How do you typically modify the eccentric phase of the exercises listed above? Please explain. (Check all that apply)

Tempo (1) _____

Velocity (2) _____

Load (3) _____

Special equipment (4)

Technique (5) _____

Other (6) _____

Q5.12 Please rank the equipment you use for eccentric-based training. (Include all that apply)

Eccentric-based training equipment

_____ Barbell (1)

_____ Dumbbell (2)

_____ Plate-loaded Machines (3)

_____ Cable/ pulley Machines (4)

_____ Inertial Flywheel (5)

_____ Isokinetic Dynamometer (6)

_____ Bodyweight (7)

_____ Other (8)
_____ Other (9)
_____ Other (10)

Q5.13 Within a single training session, where do you typically sequence eccentric-based exercises?

- Potentiation (before the primary exercise) (1)
 - Primary (the main exercise of a training session) (2)
 - Assistance (after the primary exercise) (3)
 - Finisher (the end of the training session) (4)
 - Other (5) _____
-

Q5.14 How frequently, within a week, do you prescribe eccentric-based training for the same movement pattern or body part?

- < 1 day (1)
 - 1 day (2)
 - 2 days (3)
 - 3 days (4)
 - 4 days (5)
 - 5 days (6)
 - > 5 days (7)
-

Q5.15 How many recovery days would you typically give between eccentric-based training sessions for the same movement/ body part?

- < 1 day (1)
 - 1 day (2)
 - 2 days (3)
 - 3 days (4)
 - 4 days (5)
 - 5 days (6)
 - > 5 days (7)
 - Other (8) _____
-

Q5.16 How do you quantify the intensity of eccentric-based training? Please describe the range of intensity you typically prescribe. (Check all that apply)

- % of one repetition maximum (1)

 - % of bodyweight (2)

 - Absolute load (3) _____
 - Rate of perceived exertion (4)

 - Velocity (5) _____
 - Other (6) _____
-

Q5.17 How many sets do you typically prescribe in an eccentric-based training session? (Check all that apply)

- 1 set (1)
 - 2 sets (2)
 - 3 sets (3)
 - 4 sets (4)
 - 5 sets (5)
 - 6 sets (6)
 - 7 sets (7)
 - 8 sets (8)
 - 9 sets (9)
 - 10 sets (10)
 - > 10 sets (11)
-

Q5.18 How many repetitions per set do you typically prescribe in an eccentric-based training session? (Check all that apply)

- 1 rep (1)
 - 2 reps (2)
 - 3 reps (3)
 - 4 reps (4)
 - 5 reps (5)
 - 6 reps (6)
 - 7 reps (7)
 - 8 reps (8)
 - 9 reps (9)
 - 10 reps (10)
 - 11 reps (11)
 - 12 reps (12)
 - > 12 reps (13)
 - Other (14) _____
-

Q5.19 How much rest, in minutes, do you prescribe between sets of eccentric-based training?

- < 1 minute (1)
- 1 to 2 minutes (2)
- 3 to 4 minutes (3)
- 5 to 6 minutes (4)
- > 6 minutes (5)
- Other (6) _____

Q5.20 Is there any other aspect of your prescription method for eccentric-based training that we might have missed?

Q5.21 Please leave any comments or feedback on the Program Design section in the space below.
