

Question	Answer Type	Contents / Length / Validation	Code
Please choose your School Roll Number	Dropdown - alphanumerical order	County – Roll Number – School Name	[Rollnumber] – new schools can be entered as 99999A
Please enter your Teacher’s Username	Textbox	Alphanumerical, 20 character limit	[Username]
Please enter the name of your School	Textbox	Alphanumerical	[Schoolname]
Q1. Are you female or male?	Checkbox	Male Female	[Gender] M, F
Q2. a) Please state your present age in years.	Numeric textbox	Maximum 2 characters. Number between 10 and 100	[Age] 10 to 100
Q2. b) What year are you in at school?	Dropdown	1 st year 2 nd year 3 rd year Transition Year 5 th year / first LC year 6 th year / second LC year	[Year] 1 - 1 st year 2 - 2 nd year 3 - 3 rd year 4 – Transition year 5 - 5 th year / first LC year 6 - 6 th year / second LC year

Question	Answer Type	Contents / Length / Validation	Code
Q3. In what county do you live?	Dropdown - alphanumerical order		[County_Live] ANT - Antrim, ARM - Armagh, CAR - Carlow , CAV - Cavan, CLA - Clare, COR - Cork, DER - Derry, DON - Donegal, DOW - Down, DUB - Dublin, FER - Fermanagh, GCO - Galway, KER - Kerry, KID - Kildare, KIK - Kilkenny, LAO - Laois, LCO - Limerick, LEI - Leitrim, LGF - Longford, LOU - Louth, MAY - Mayo, MEA - Meath, MON - Monaghan, OFF - Offaly, ROS - Roscommon, SLI - Sligo, TIP - Tipperary, TYR - Tyrone, WAT - Waterford, WES - Westford, WEX - Wexford, WIK - Wicklow
Q4. In what country were you born?	Dropdown - alphanumerical order	Ireland at the top	[Country_Born] Abbreviated country codes. IRL = Ireland, GBR = United Kingdom
Q5. a) What is your height, to the nearest tenth of a cm? (without shoes)	Numeric textbox	Maximum 5 characters to allow to the tenth of a centimetre, and with a regex to limit between 90 and 209.	[Height] 90 to 209
Q5. b) What is your open arm span, to the nearest tenth of a cm?	Numeric textbox	Maximum 5 characters to allow to the tenth of a centimetre, and with a regex to limit between 100 and 399.	[Handspan_R] 100 to 399

Question	Answer Type	Contents / Length / Validation	Code
Q5. c) What is your vertical reach, to the nearest tenth of a cm?	Numeric textbox	Maximum 5 characters to allow to the tenth of a centimetre, and with a regex to limit between 100 and 399.	[Vertical_Reach] 100 to 399
Q5. d) What is the length of your index finger on your left hand to the nearest mm?	Numeric textbox	Maximum 3 characters and with a maximum value of 110.	[Foot_Length_R] 0 to 110
Q5. e) What is the length of your ring finger on your left hand to the nearest mm?	Numeric textbox	Maximum 3 characters and with a maximum value of 110.	[Wrist] 0 to 100
Q6. a) What is your resting pulse rate? (Beats per minute, between 22-250 bpm)	Input box	Maximum 3 with a regex to limit to number between 22 and 250.	[BPMa] 22 to 250
Q6. b) Jog on the spot for 30 seconds and record your pulse rate again. (Beats per minute, between 22-250 bpm)	Input box	Maximum 3 with a regex to limit to number between 22 and 250.	[BPMb] 22 to 250

Question	Answer Type	Contents / Length / Validation	Code
Q7. In the past week, on how many days have you done a total of 60 minutes or more of physical activity, which was enough to raise your breathing rate?	Numerical input	Maximum value of 7.	[Activity_strenuous] 0 to 7
Q8. a) Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	Numerical input	Maximum value of 7.	[Activity_mild] 0 to 7
Q8. b) Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day?	Numerical input	Maximum value of 7	[Activity_usually] 0 to 7
Q9. a) Are you a member of a sports club (outside of any school club)?	Radio buttons	YES = Yes, NO = No	[Member] YES = Yes, NO = No
Q9. b) Please select any sport/physical activity that you have done with a sports or activity club (not school club) over the last 12 months. Select as many as appropriate:	Checkboxes		Adventure activities (e.g. orienteering, canoeing), Aerobics, Athletics, Badminton, Baseball or Rounders, Basketball, Camogie, Cross country running, Dance, Gaelic football, Gymnastics, Handball, Hockey, Horse riding, Hurling, Martial arts, Rugby, Soccer, Squash, Surfing, Swimming, Tennis, Triathlon, Volleyball, Weight training, Others not on list (please specify), Am not part of a sports or activity club

Question	Answer Type	Contents / Length / Validation	Code
10. How has your level of physical activity been affected since the pandemic?	Dropdown		P1 = Increased, P2 = Decreased, P3 = Remains the same
11. a) How many hours of sleep per night do you usually get when you have school the next day?	Numerical input	Maximum value of 14.	[Sleep_School] 0 to 14
11. b) How many hours of sleep per night do you usually get when you don't have school the next day?	Numerical input	Maximum value of 14	[Sleep_b] 0 to 14
12. Do you use a smartwatch to monitor your sleep and physical activity?	Radio list		YES = Yes, NO = No
13. a) If you could only have one app on your phone, which one would it be?	Radio list	4 options and an "Other" option that includes an optional text entry.	APP1 = Whatsapp, APP2 = Snapchat, APP3 = Instagram, APP4 = TikTok
13 b) Did you download the Covid Tracker app on your phone?	Radio list		YES = Yes, NO = No
14. In the last 7 days, how many minutes per day did you spend at the following activities?	Multiple numerical Input	(5 in total) All with a maximum character limit of 3	A1 = Watching TV programmes, A2 = Listening to radio programmes, A3 = On a mobile phone, A4 = Playung games on a PC , A5 = On your PC/iPad Tablet

Question	Answer Type	Contents / Length / Validation	Code
15. Rank the following internet activities from the most used to the least used?	Ranking	Ranking question type, with 8 items.	
16. a) On a scale of 0 to 100, how has the pandemic lockdown impacted your mental health?	Multiple numerical Input	(2 in total) Set to a slider (starting in the middle by default), with a minimal value of 0 and a maximum of 100.	
16 b) How strict are your parents / guardians?	Multiple numerical Input	(2 in total) set to a slider (starting in the middle by default), with a minimal value of 0 and a maximum of 100.	
17. a) If you had €1000 to donate to a charity of your choice, what type of organisation would you choose?	Radio list	8 options and an "Other" option that includes an optional text entry.	C1 = Health, C2 = Education, C3 = Environment, C4 = Religious worship, C5 = Homelessness, C6 = Animals, C7 = International aid, C6 = Art, culture and sport

Question	Answer Type	Contents / Length / Validation	Code
18. a) In which country is the FIFA Men's World Cup 2022 taking place?	Radio list	List of 4 countries with 3-letter abbreviations and an "Other" option that includes an optional text entry. The order of the options is randomised each time the page loads.	ISR = Israel, ITA = Italy, QAT = Qatar, SAU = Saudi Arabia
18 b) 32 teams will play in the FIFA Men's World Cup in 2022. Estimate the number of matches that will take place during the tournament?	Numerical input	Maximum of 3 characters to allow for 999.	
19. What is the most useless talent you have?	Short text	Maximum character limit of 70.	

European Country Codes							
Code	Country	Code	Country	Code	Country	Code	Country
A1	Albania	A14	Estonia	A27	Liechtenstein	A40	Russia
A2	Andorra	A15	Finland	A28	Lithuania	A41	San Marino
A3	Armenia	A16	France	A29	Luxembourg	A42	Serbia
A4	Austria	A17	Georgia	A30	Macedonia	A43	Slovakia
A5	Azerbaijan	A18	Germany	A31	Malta	A44	Slovenia
A6	Belarus	A19	Greece	A32	Moldova	A45	Spain
A7	Belgium	A20	Hungary	A33	Monaco	A46	Sweden
A8	Bosnia and Herzegovina	A21	Iceland	A34	Montenegro	A47	Switzerland
A9	Bulgaria	A22	Ireland	A35	Netherlands	A48	Turkey
A10	Croatia	A23	Italy	A36	Norway	A49	Ukraine
A11	Cyprus	A24	Kazakhstan	A37	Poland	A50	United Kingdom (UK)
A12	Czech Republic	A25	Kosovo	A38	Portugal	A51	Vatican City (Holy See)
A13	Denmark	A26	Latvia	A39	Romania		