"Femoroacetabular impingement in elite junior cross country skiers"

Questionnaire about training

Name: ____________________________
Age: ________

Do you participate in a specific sport?  Yes  No
In that case, what sport?  _______________

How many hours a week do you work out (in average)?  ________
How many hours a year have you worked out (in average) the last three years)?  ____________

Mark the activities you use in your daily training, and estimate % of this activity used in your

Running  Yes  __________
Rollerski classic  Yes  __________
Rollerski skate  Yes  __________
Ski classic  Yes  __________
Ski skate  Yes  __________
Bike  Yes  __________
Strength training  Yes  __________

Do you do strength training for your legs?
Yes  No

How many hours a month do you do leg strength training?  __________

Thank you!