

**Observations (pilot study)**

The observations are conducted by coordinating physician researcher Amber von Gerhardt in week 1 (start of the pilot study) and in week 4 (end of the pilot study).

**Judo school:** \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

- Number of judo athletes on the judo mat \_\_\_\_\_ judo athletes
- What is the size of the judo mat? \_\_\_\_\_ m. (width) bij \_\_\_\_\_ m. (length)
- What type of judo mat is used? \_\_\_\_\_
- How many meter judomat is used to perform the exercise? \_\_\_\_\_ m. lines
- Did the judo trainer understand all exercises? Yes / No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- How well did the judo trainer explain the exercises to the judo athletes? Yes / No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Did the judo athletes understand all exercises? Yes / No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Did the judo trainer have a preference for the selection of the exercises? Yes / No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Are the selected exercises merging in a logical order of rank? Yes / No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Did the judo athletes perform the exercises correct? Yes / No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Did the judo trainer correct the judo athletes by incorrect performance? Yes / No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Is the exercise performed for approximately 1 minute? Yes / No

\_\_\_\_\_  
\_\_\_\_\_

- What is the total duration of the intervention? \_\_\_\_\_ min.
- How much pleasure did the judo trainer have during the intervention?  
(no pleasure) 0 1 2 3 4 5 6 7 8 9 10 (much pleasure)
- How much pleasure did the judo athletes have during the intervention?  
(no pleasure) 0 1 2 3 4 5 6 7 8 9 10 (much pleasure)
- Is music playing during the intervention? Yes / No
- How many exercises of the intervention are already used in the regular warm-up? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Other observations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_