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

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

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

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

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

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

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

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

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__________________________________________________________________________
• 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: ________________________________________________________
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  ________________________________________________________
  ________________________________________________________
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