

The Developmental History of Athletes Questionnaire (DHAQ):

Considerations when collecting athlete training histories

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Introduction

- Developmental histories describe the psychosocial, contextual, and training experiences that are associated with the pathway towards elite sports performance
 - E.g. Bloom, 1985; Hodges & Starkes, 1996; Helsen et al, 1998; Côté, 1999; Baker et al., 2003; Ward et al., 2007; Berry et al., 2008; Weissensteiner et al. 2008; Ford et al., 2009;
- Collected via interview or questionnaire methods
- Measurement tools are inconsistent and poorly validated

The Developmental History of Athletes Questionnaire : DHAQ

- Demographics
- Family
- Participation in organized sports and playful sporting games
- Training and competition history
- Performance milestones
- Coaching history
- Sport science / sport medicine support
- Injury history

Methods : Validation of the DHAQ

- 15 Australian national level athletes:
 - 8 Field hockey
 - Average age 21.5 years
 - 7 Swimming
- 4-6 test procedures:
 - DHAQ (Q1)
 - Athlete interview
 - DHAQ (Q2)
 - Parent interview
 - Coach A interview
 - Coach B interview
- Reliability analysis:
 - Percent agreement
 - Intraclass correlation coefficient

Results : Issues Identified

- Recall of time involved in supplementary practice activities
- Recall of time involved in competition
- Variability of training commitments throughout the year

Time involved in main sport (hours)?

- How many hours per week did you spend in activities relating to your main sport? For how many months per year?
- How many hours per week did you spend in the following types of activities relating to your main sport? For how many months per year?
 - Supervised group practice
 - Supervised individual practice
 - Unsupervised individual practice
 - Sport specific play
 - Competition
 - Indirect involvement
 - Other

Time involved in main sport (hours)?

	Q1	Q2	Interview
Total hours (general)	5904	5943	5477

Q1 : Q2

PA = 83%

ICC = 0.90

Q1 : Interview

PA = 82%

ICC = 0.86

Time involved in main sport (hours)?

	Q1	Q2	Interview
Total hours (general)	5904	5943	5477
Supervised group	5535	5629	4969
Supervised individual	52	84	101
Unsupervised individual	207	82	166
Competition	1012	538	540
Sport specific play	116	294	279
Indirect involvement	238	262	168
Total hours (type)	7007	6947	5972

Time involved in main sport (hours)?

Q1 : Q2

PA = 77%

ICC = 0.94

Q1 : Interview

PA = 78%

ICC = 0.78

	Q1	Q2	Interview
Total hours (type)	7007	6947	5972

Time involved in main sport (hours)?

	Q1	Q2	Interview
Total hours (general)	5904	5943	5477
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Total hours (type)	7007	6947	5972

Time involved in main sport (hours)?

- Athletes are able to consistently recall total time involved in their main sport at a global level
- Not all sport-related activities appear to be incorporated into global estimations of time involved in main sport
- Consider prompting for involvement in specific types of activities when collecting athlete training histories

Time involved in main sport (hours)?

	Q1	Q2	Interview
Total hours (overall)	5904	5943	5477
Supervised group	5535	5629	4969
Supervised individual	52	84	101
Unsupervised individual	207	82	166
Competition	1012	538	540
Sport specific play	116	294	279
Indirect involvement	238	262	168
Total hours (nature)	7007	6947	5972

Time involved in competition?

- How to quantify time involved in competition?
 - Duration of match?
 - Time at the competition venue?
 - Time actively competing?
 - Number of competitions?
 - Competition format?
- More detailed investigations of time involved in competition are required

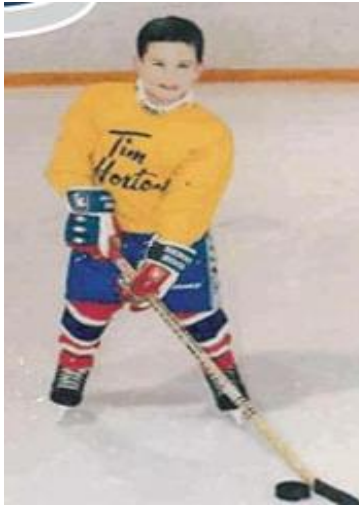
Average time involved in main sport?

- Athletes reported difficulty in reporting the “average” amount of time involved in training and competition for each year of participation
- Sources of variability in training and competition commitments over a chronological year:
 - Seasonal plans / periodization
 - Representational commitments
 - Training camps
- Consider catering to varying commitments over the year

Considerations

- Specificity of questions
- Quantification of competition involvement
- Accommodation to seasonal and representational commitments

Questions?



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