

Coaches Survey #1. Please fill this out ***BEFORE*** reading through the materials/handouts.

Part A. Knowledge about Patellofemoral Pain Syndrome (PFPS)

Please indicate how much you agree or disagree with each statement by circling a number (1 through 5) for each statement.

Strongly Disagree Disagree Neutral Agree Strongly Agree

1. I am familiar with the condition of PFPS	1	2	3	4	5
2. I know how to identify signs and symptoms of PFPS	1	2	3	4	5
3. I can identify risk factors for PFPS	1	2	3	4	5
4. I know ways to prevent PFPS	1	2	3	4	5
5. I understand how PFPS relates to young, female basketball players	1	2	3	4	5
6. I have had players miss practice/games due to leg injuries	1	2	3	4	5
7. Injury is a serious concern for coaches	1	2	3	4	5
8. Injury is a serious concern among athletes	1	2	3	4	5
9. Injury is a serious concern among parents	1	2	3	4	5
10. I currently implement injury prevention strategies for my players (e.g. warm-up/cool-down, stretching, strengthening) a. If yes, which strategies do you use? Please write in.	1	2	3	4	5
11. I am interested to learn more prevention strategies	1	2	3	4	5
12. I am likely to incorporate prevention strategies into my practices	1	2	3	4	5

Part B. Hip Strengthening Program Implementation

1. My athletes currently participate in strength training exercises	1	2	3	4	5
2. I have experience teaching strengthening exercises to my athletes	1	2	3	4	5
3. I am interested in learning new strengthening exercises to teach to my athletes	1	2	3	4	5
4. I think that strengthening is important for my athletes	1	2	3	4	5

Part C. What age group do you coach now? Have you coached other age groups in the past? (Please write in space below)

Coaches Survey #2. Please fill this out **AFTER** reading through the materials/handouts.

Part A. Knowledge about Patellofemoral Pain Syndrome (PFPS)

Please circle one of the following for each question:

Please indicate how much you agree or disagree with each statement by circling a number (1 through 5) for each statement.

Strongly Disagree Disagree Neutral Agree Strongly Agree

1. I am familiar with the condition of PFPS	1	2	3	4	5
2. I know how to identify signs and symptoms of PFPS	1	2	3	4	5
3. I can identify risk factors for PFPS	1	2	3	4	5
4. I know ways to prevent PFPS	1	2	3	4	5
5. I understand how PFPS relates to young, female basketball players	1	2	3	4	5
6. I am likely to incorporate prevention strategies into my practices	1	2	3	4	5

Part B. Hip Strengthening Program Implementation

1. The hip strengthening exercises can be beneficial for my athletes	1	2	3	4	5
2. I believe than an 8 week hip strengthening program can help prevent injury in my athletes	1	2	3	4	5
3. I can find time during/before/after practice for the exercises	1	2	3	4	5
4. After reading the brochure, I feel confident in teaching the exercises to my athletes	1	2	3	4	5
5. After reading the brochure, I can identify proper and improper techniques for the exercises	1	2	3	4	5
6. I think this strengthening program is relevant for my athletes	1	2	3	4	5
7. Hip strengthening is important for female athletes	1	2	3	4	5
8. I am likely to implement hip strengthening among my athletes	1	2	3	4	5
9. I found the presented information useful.	1	2	3	4	5

Part C. Communication and Material Assessment

1. The information was presented in a clear, concise manner	1	2	3	4	5
2. The information was well organized	1	2	3	4	5
3. The brochure used language that I understood and could relate to	1	2	3	4	5
4. I understand why this material is important to me and my team	1	2	3	4	5
5. I am satisfied with the content of the brochure	1	2	3	4	5

Part D. Other Comments

What barriers exist that would keep you from implementing this strengthening program?

What I like & disliked about the brochure/what could be changed:

Was there any information that was missing that would be beneficial to you?

Other Comments