

# Project proposal

## Overview

Paintballing in the UK is enjoyed at a competitive level but is not currently classified as a sport by Sport England. Part of Sport England's criteria is that the sporting activity must meet the definition of sport contained in the Council of Europe's European Sports Charter 1993, which is:

“Sport means all forms of physical activity which, through casual or organised participation aim at expressing or improving physical fitness and mental well-being forming social relationships or obtaining results in competition at all levels.”

This proposal describes how Leeds Beckett University will obtain descriptive data which can provide an indication of physical and mental health benefits of competitive paintball participation. These data could be subsequently used to support a future application to Sport England.

## Aim and objectives

**Aim:** To collate evidence which can support an application to Sport England to recognise paintball as a sport.

**Objectives:**

- To collect demographical information and history of participation from paintball players who compete in league competitions
- To collect subjective data relating to physical exertion and breathlessness experienced during a competitive paintball game
- To quantify the physical demands of a competitive paintball game
- To conduct interviews with ten competitive paintball players to identify how they feel paintball has influenced their health

## Methods

### Questionnaire

This will be distributed to as many paintball league team players as possible (~32 teams comprising of ~8 players = ~250 players) and completed as soon as possible after a competitive match. The aim of this is to collect basic demographic data and obtain subjective measures of match exertion. Data collected could include age, gender, location, ethnicity, disability, competitive level, typical frequency and duration of participation, participation history (how long have they been playing) and rating of perceived exertion and breathlessness (Borg scales) experienced during the match. Questions can also be included which aim to identify the acute effects of match play on mental wellbeing.

### Telephone interviews

Ten players will be interviewed, chosen from those who have expressed interest following completion of the questionnaire. The aim of this is to understand the longer-term impact of competitive participation on indices of health. Suggested questions could relate to how they perceive their level of physical activity, physical fitness, mental wellbeing, social network and lifestyle behaviour (e.g. smoking, alcohol consumption) has changed since becoming involved in the sport.

## Field data collection

### *GPS and heart rate data*

GPS and heart rate (HR) data will be collected during three separate paintball matches (within one league but using different teams to reflect a wider range of fitness). The aim of this is to collect data which would provide a basic quantification of effort during a paintball match. Potential measures include total distance covered, maximum and average velocity, time spent in different velocity zones and maximum and average heart rate. Leeds Beckett University has access to the Catapult GPS system (<http://www.catapultsports.com/uk/system>) which it can use in conjunction with polar heart rate monitors.

### *Other measurements*

Height, weight and resting heart rate

## Project Plan and Timeline

It is anticipated that the total work involved in project will amount to approximately 36 days and it is expected that the work will be developed over a period of four months (see appendix 1). This schedule is dependent upon match dates.

## Preparation

- Consideration of appropriate target sample, questionnaire content and interview schedule
- Completion of required paperwork for Leeds Beckett's ethics committee – this will also require the creation of a participant information sheet and consent form (potentially one for each component of the project as they may utilise a different sample of players)
- Piloting of GPS equipment
- Recruitment of participants and support staff within the paintball competition league
- Desk-based research (review of current relevant literature)
- Discussion of report content

## Data collection

- Distribution, completion and return of questionnaires
- Completion of telephone interviews
- Collection of heart rate and GPS data during three competitive matches

## Data analysis

- Entry of questionnaire data into SPSS
- Transcription of interviews
- Coding of questionnaire and interview data
- Analysis of GPS data
- Production of summary tables and figures

## Outcome

A short report will be provided which will include a basic literature review, research methods used and presentation and interpretation of appropriate data.

A breakdown of project costs is shown in appendix 2

## Appendix

### 1. Proposed Project Timeline

Task																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Preparation																
Data collection*																
Data analysis																
Final report																

\*Data collection period is dependent upon schedule of matches if GPS data is required

### 2. Breakdown of Project Budget

	Hours	Days	Total
Professorial oversee and quality control		2	1100
Creation of ethics and information sheet		2	700
Creation of survey (paper)		2	700
Creation of interview schedule		3	1050
Print and postage costs (surveys, information sheets, report copies)			500
Data input (survey) x 300	25		500
Transcription of interviews x 10	40		800
Analysis of survey data		2	700
Analysis of interview data		3	1050
Writing of report		5	1750
Travel costs - 3 occasions			300
Desk research		1	350
Organisation of interviews		2	700
Conduct interviews		2	700
Cost of obtaining GPS kit?			
Organisation of GPS <b>data collection</b>		1	350
GPS data collection		3	1050
Analysis of GPS and HR data		4	1400
Love to shop voucher <b>x 10</b>			200
Discussion <b>of report content</b>		1	350
<b>Total costs</b>	14250		