

The results of questionnaire on the motivating of doing kettlebell sport

Age group: MASTER

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For presentation at WKSF GENERAL MEETING

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The member of WKSF scientific committee



QUESTIONNAIRE

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Dear Colleagues!

Master of the Department of Athleticism of the Lesgaft National State University (St. Petersburg, Russia) Svetlana Daniliuk is conducting research on the motivations for doing kettlebell sport.

We will be grateful for your answers!

Sex _____

Date, month and year of birth _____

Country, city _____

Sport rank _____

For how long have you been involved in Kettlebell Sport _____

INSTRUCTIONS

Estimate in points the importance for you of the motives for doing kettlebell sport.

Significance of motive	Score in points
Very significant	5
Significant	4
Average	3
Not very significant	2
Not significant	1

QUESTIONNAIRE

The motives of doing kettlebell sport	Significance of motive (in points)
1. On the advice of a doctor	
2. Desire to build purposeful character	
3. Started to lift kettlebells on the advice of parents and relatives	
4. The desire to have an athletic shape	

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5. Because it is a beautiful sport	
6. To have more friends and acquaintances	
7. Because kettlebell sports allow you to become popular at the work place	
8. To acquire skills which can be useful in life	
9. The desire to protect the honor of the sports community at various competitions	
10. To widen your horizons and worldview	
11. Because I am pleased when the coach praises and approves	
12. Because the sports place is close to home (place of study or work)	
13. There were no other training groups except for kettlebell sport	
14. My physique is suitable for doing kettlebell sport	
15. The desire to get a sports rank	
16. The desire to become a champion of the city or country	
17. The desire to develop mobility and coordination	
18. The desire to develop strength	
19. In order to have good health	
20. The desire to build courage and determination	
21. On the advice of friends and acquaintances	
22. Because it is a sport where you can train individually and independently of others	
23. The desire to be in a team	
24. Because kettlebell sport allows you to become popular among relatives, friends and acquaintances	
25. The desire to protect the honor of the sport club at various competitions	
26. The desire to learn more about the lives of outstanding athletes	
27. Because I am pleased when relatives praise me for the achieved results	
28. The desire to fill your spare time	
29. Looked up the information about this sport	
30. The desire to achieve master of sport rank	
31. To have fun	
32. The desire to develop endurance	
33. The desire to develop agility	
34. To have a constant level of physical form	
35. The desire to develop willpower	
36. Because athletes have the opportunity to receive valuable prizes and gifts	
37. According to family traditions	
38. Because I like to compete	

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39. Because I like the kettlebell exercises technique	
40. Because I like kettlebell training	
41. The desire to become a leader or representative of the team (club)	
42. To receive a qualification and work in sport areas in the future	
43. The desire to defend the honor of your country in international competitions	
44. The desire to visit other cities and countries at competitions	
45. Because I am pleased when my friends and acquaintances support and praise for the achievements	
46. Because kettlebell sport is developed at the place of work	
47. Because I visited kettlebell competitions	
48. I think that I have good speed-strength skills and it is valuable for kettlebell sport	
49. Because kettlebell sport is an emotional sport	
50. Because competitions in kettlebell sport are interesting and attractive	
51. The desire to develop agility skills	
52. The desire to lose weight	
53. The desire to build perseverance	
54. Because parents are engaged in kettlebell sport	
55. Because in kettlebell sport you can clearly see and measure your own progress	
56. I need physical activity	
57. The desire to meet famous people and the top athletes	
58. To keep up with your friends and acquaintances	
59. Because kettlebell sport training helps in various life situations	
60. Because I am pleased to have a sense of accomplishment in front of my team members	
61. Desire to visit competitions abroad	
62. Meeting with famous athletes	
63. I think I am physically strong which is valuable for kettlebell sport	
64. I think I have stamina which is valuable for kettlebell sport	
65. Because kettlebell sport is a type of entertainment for me	
66. Because I like thrills	
67. The desire to develop flexibility	
68. In order not to get sick and always be healthy	
69. The desire to have a strong character	
70. Because a brother or sister was engaged in kettlebell sport	
71. Because kettlebell sport training develops the ability to think quickly and accurately	

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72. It is a pleasure to experience physical stress	
73. Because kettlebell sport increases self-esteem	
74. To be more attractive for the opposite sex	
75. Because I am pleased to feel a sense of accomplishment of my coach	
76. To live up to expectations placed on me by my coach and family	
77. I am interested in the necessity for more advanced training methods	
78. Because the physical qualities developed by kettlebell sport are appreciated by people around me	
79. Started to lift kettlebell by chance	
80. I was invited by my coach	
81. I believe that in kettlebell sport I can achieve significant results	
82. Because I like to compete just for fun and don't mind whether I win or lose	
83. Because I am pleased to experience the pleasure of victories	
84. Because kettlebell sport training increases intellectual level	
85. To recover faster from an illness	
86. The desire to build self-control and composure	
87. Because all my friends are doing kettlebell sport	
88. Because at work I do not get tired physically	
89. Because I am pleased to feel physical superiority over others	
90. To get rid of bad habits	
91. Because I am pleased when athletes are shown on television and when they are talked about on the radio or written about in newspapers and magazines	
92. Accidentally competed in kettlebell sport	

Thank you for your cooperation!

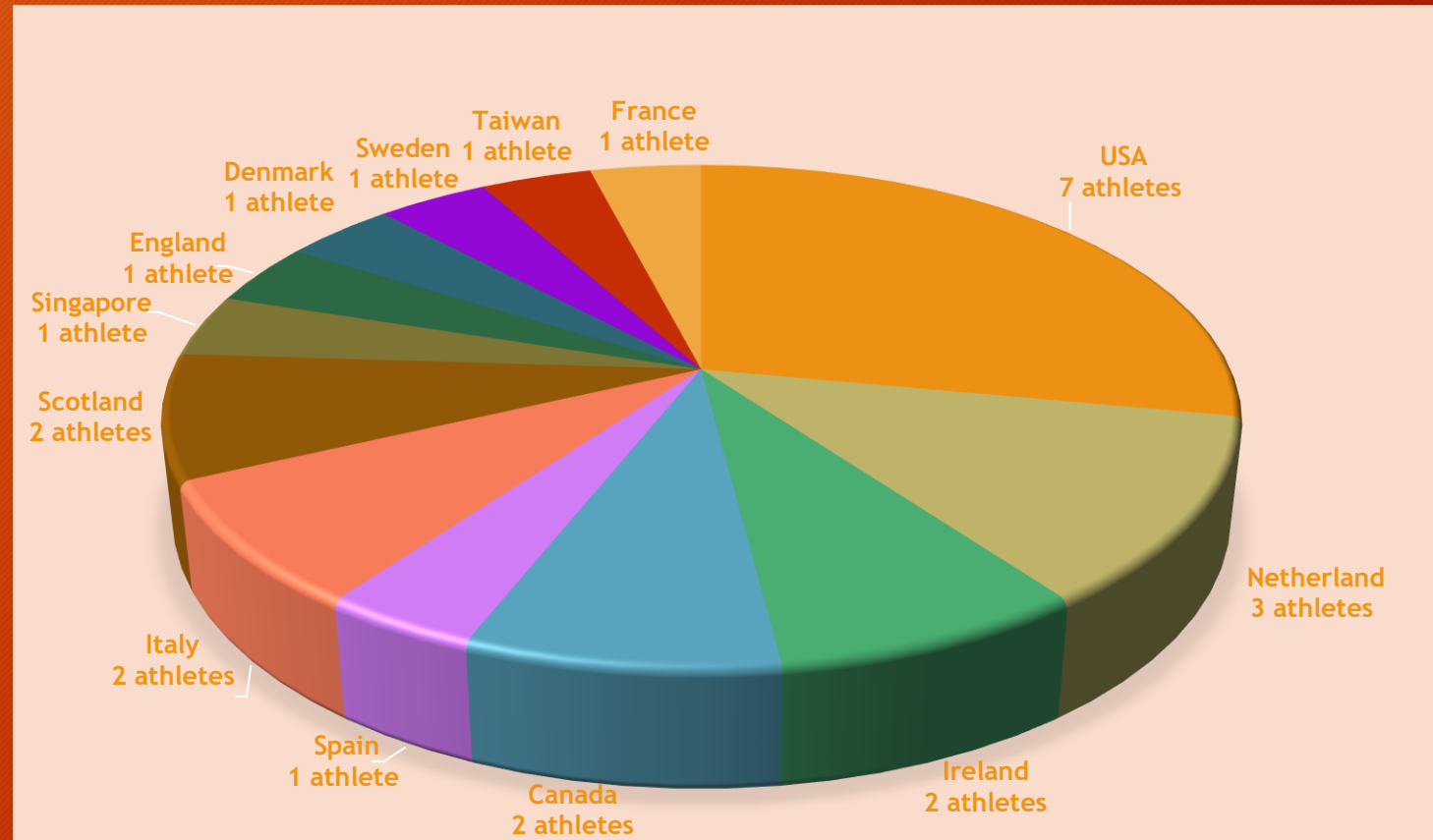
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The survey was conducted at the WKSF World Championship in Ireland, 24-26 May 2019

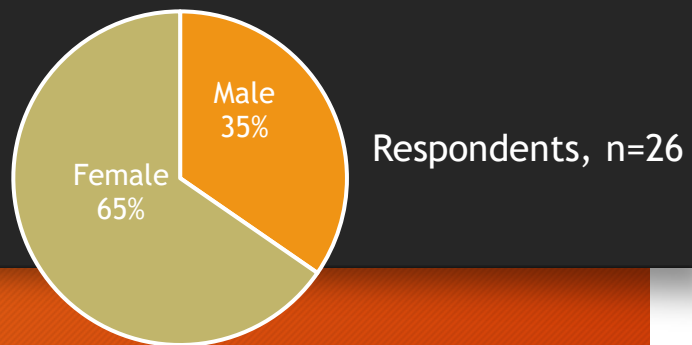
COUNTRIES OF QUESTIONNAIRE

3

Country	Number of respondents
USA	7
Netherland	3
Ireland	2
Canada	2
Italy	2
Scotland	2
Spain	1
Singapore	1
England	1
Denmark	1
Sweden	1
Taiwan	1
France	1



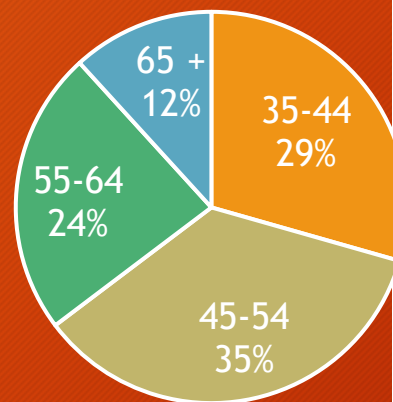
PARTICIPANTS



FEMALE

AGE	Number of respondents
35-44	5
45-54	6
55-64	4
65+	3

Female, n=17



MALE

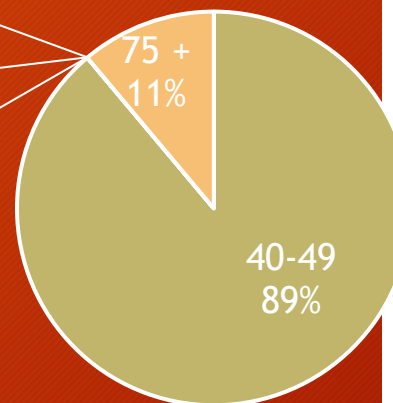
AGE	Number of respondents
40-49	8
50-59	0
60-69	0
70-74	0
75+	1

50-59
0%

60-69
0%

70-74
0%

Male, n=9



Protocol: N°036

To the Representatives and their offices

Date: 20 November 2019, Milan

Object: ATTACHED TO THE REGULATION " Change name VETERANS to MASTER "

Updated WKSF rules, Veterans of different Age groups will be called MASTER.

MEN:

MASTER (40-49 years)- M 1

MASTER (50-59 years)- M 2

MASTER (60-69 years)- M 3

MASTER (70-74 years)- M 4

MASTER (+75 years)- M 5

WOMEN:

MASTER (35-44 years)- M 1

MASTER (45-54 years)- M 2

MASTER (55-64 years)- M 3

MASTER (+65 years)- M 4

President WKSF, Oleh Ilika



WKSF - World Kettlebell Sport Federation

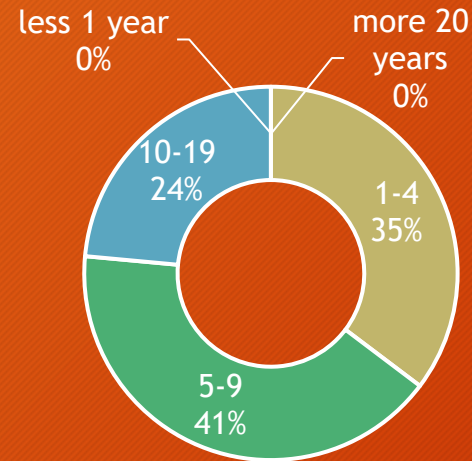
Legal Headquarter: via San Martino 3/5 - Nosate (MI) / Operating Office: IKLTC Academy Via Crociffisso 30 - Castano Primo (MI)
Cod. Fiscale: 93043730154 / cell. 320-946.5503 / tel.0331-890.290 / e-mail: president.wksf@gmail.com / www.wksf.site

Kettlebell sport experience. Rank achieved.

5

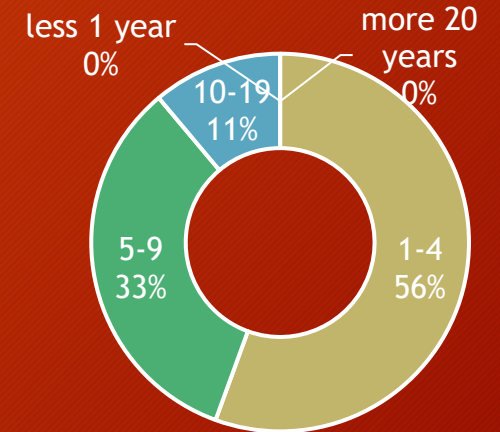
FEMALE

Experience	Respondents, n
< 1 year	0
1-4	6
5-9	7
10-19	4
> 20 years	0



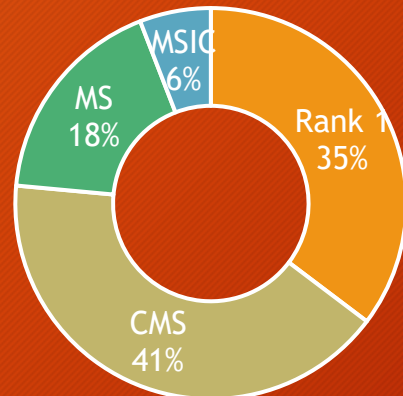
MALE

Experience	Respondents, n
< 1 year	0
1-4	5
5-9	3
10-19	1
> 20 years	0



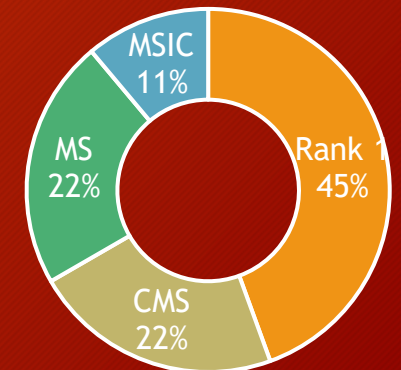
FEMALE

Age	Respondents, n
Rank 1	6
CMS	7
MS	3
MSIC	1



MALE

Age	Respondents, n
Rank 1	4
CMS	2
MS	2
MSIC	1



Female 35-44, n=5

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MOTIVES AND NEEDS	SCORE IN POINTS	IMPORTANCE
communication	3	average
learning	3	average
material goods	3	average
development of character and mental qualities	4	significant
physical development	4	significant
improvement of health and wellness	3	average
aesthetic pleasure and thrill	3	average
acquiring life skills and knowledge	3	average
approval need	3	average
increasing prestige and desire for fame	3	average
collectivist orientation	3	average

The specific motives of choosing kettlebell sport (92 questions):

22. Because it is a sport where you can train individually and independently of others

5

VERY significant

48. I think that I have good speed-strength skills and it is valuable for kettlebell sport

4

significant

55. Because in kettlebell sport you can clearly see and measure your own progress

4

significant

63. I think I am physically strong which is valuable for kettlebell sport

4

significant

79. Started to lift kettlebell by chance

4

significant

81. I believe that in kettlebell sport I can achieve significant results

4

significant

Female 45-54, n=6

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MOTIVES AND NEEDS	SCORE IN POINTS	IMPORTANCE
communication	3	average
learning	3	average
material goods	3	average
development of character and mental qualities	3	average
physical development	3	average
improvement of health and wellness	2	not very significant
aesthetic pleasure and thrill	2	not very significant
acquiring life skills and knowledge	3	average
approval need	2	not very significant
increasing prestige and desire for fame	3	average
collectivist orientation	2	not very significant

The specific motives of choosing kettlebell sport (92 questions):

55. Because in kettlebell sport you can clearly see and measure your own progress

4

significant

79. Started to lift kettlebell by chance

4

significant

Female 55-64, n=4

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MOTIVES AND NEEDS	SCORE IN POINTS	IMPORTANCE
communication	3	average
learning	3	average
material goods	3	average
development of character and mental qualities	4	significant
physical development	4	significant
improvement of health and wellness	3	average
aesthetic pleasure and thrill	3	average
acquiring life skills and knowledge	3	average
approval need	2	not very significant
increasing prestige and desire for fame	2	not very significant
collectivist orientation	3	average

The specific motives of choosing kettlebell sport (92 questions):

22. Because it is a sport where you can train individually and independently of others



VERY significant

55. Because in kettlebell sport you can clearly see and measure your own progress



significant

79. Started to lift kettlebell by chance



significant

Female 65+, n=2

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MOTIVES AND NEEDS	SCORE IN POINTS	IMPORTANCE
communication	3	average
learning	3	average
material goods	3	average
development of character and mental qualities	4	significant
physical development	4	significant
improvement of health and wellness	3	average
aesthetic pleasure and thrill	3	average
acquiring life skills and knowledge	2	not very significant
approval need	2	not very significant
increasing prestige and desire for fame	2	not very significant
collectivist orientation	2	not very significant

The specific motives of choosing kettlebell sport (92 questions):

14. My physique is suitable for doing kettlebell sport **4** significant

55. Because in kettlebell sport you can clearly see and measure your own progress **5** VERY significant

Male 40-49, n=8

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MOTIVES AND NEEDS	SCORE IN POINTS	IMPORTANCE
communication	4	significant
learning	3	average
material goods	3	average
development of character and mental qualities	4	significant
physical development	4	significant
improvement of health and wellness	3	average
aesthetic pleasure and thrill	4	significant
acquiring life skills and knowledge	3	average
approval need	3	average
increasing prestige and desire for fame	3	average
collectivist orientation	3	average

The specific motives of choosing kettlebell sport (92 questions):

- 55. Because in kettlebell sport you can clearly see and measure your own progress **4** significant
- 63. I think I am physically strong which is valuable for kettlebell sport **4** significant
- 64. I think I have stamina which is valuable for kettlebell sport **4** significant
- 81. I believe that in kettlebell sport I can achieve significant results **4** significant

Male 75+, n=1

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MOTIVES AND NEEDS	SCORE IN POINTS	IMPORTANCE
communication	3	average
learning	3	average
material goods	3	average
development of character and mental qualities	4	significant
physical development	4	significant
improvement of health and wellness	3	average
aesthetic pleasure and thrill	3	average
acquiring life skills and knowledge	3	average
approval need	2	not very significant
increasing prestige and desire for fame	2	not very significant
collectivist orientation	3	average

The specific motives of choosing kettlebell sport (92 questions):

- 22. Because it is a sport where you can train individually and independently of others **4** significant
- 55. Because in kettlebell sport you can clearly see and measure your own progress **4** significant
- 64. I think I have stamina which is valuable for kettlebell sport **4** significant
- 81. I believe that in kettlebell sport I can achieve significant results **4** significant

In summary, MOTIVES AND NEEDS



MOTIVES AND NEEDS

‘Significant’ for BOTH gender

development of character and mental qualities

development of character and mental qualities

physical development

physical development

‘Not very Significant’ for BOTH gender

increasing prestige and desire for fame

increasing prestige and desire for fame

approval need

approval need

‘Not very Significant’ for FEMALE

‘Significant’ for MALE

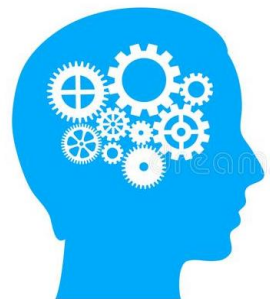
communication

collectivist orientation

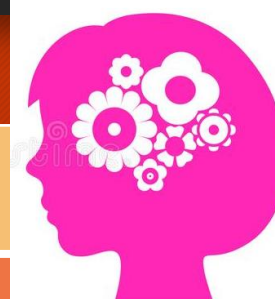
aesthetic pleasure and thrill

aesthetic pleasure and thrill

In summary, THE SPECIFIC MOTIVES



The specific motives of choosing kettlebell sport



'Significant' for BOTH gender

22. Because it is a sport where you can train individually and independently of others

22. Because it is a sport where you can train individually and independently of others

55. Because in kettlebell sport you can clearly see and measure your own progress

55. Because in kettlebell sport you can clearly see and measure your own progress

63. I think I am physically strong which is valuable for kettlebell sport

14. My physique is suitable for doing kettlebell sport

'Significant' for FEMALE

'Significant' for MALE

81. I believe that in kettlebell sport I can achieve significant results

79. Started to lift kettlebell by chance

Thank you for your attention!

Svetlana Daniliuk
The member of WKSJ scientific committee