



UiO : Universitetet i Oslo
Det medisinske fakultet



Oslo
University Hospital

"Femoroacetabular impingement in elite junior cross country skiers"

Questionnaire about training

Name: _____

Age: _____

Do you participate in a specific sport? Yes No

In that case, what sport? _____

How many hours a week do you work out (in average)? _____

How many hours a year have you worked out (in average) the last three years)? _____

Mark the activities you use in your daily training, and estimate % of this activity used in your

Running	Yes	_____
Rollerski classic	Yes	_____
Rollerski skate	Yes	_____
Ski classic	Yes	_____
Ski skate	Yes	_____
Bike	Yes	_____
Strength training	Yes	_____

Do you do strength training for your legs?

Yes No

How many hours a month do you do leg strength training? _____

Thank you!