



The VARK Questionnaire – Athletes Version

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How Do I Learn Best?

This questionnaire aims to find out something about your preferences for the way you work with information. You will have a preferred learning style and one part of that learning style is your preference for the intake and output of ideas and information.

Choose the answer which best explains your preference and circle the letter next to it. Please circle more than one if a single answer does not match your perception.

Leave blank any question which does not apply, but try to give an answer for at least 10 of the 13 questions

When you have completed the questionnaire, use the marking guide to find your score for each of the categories, Visual, Aural, Read/Write and Kinesthetic.

1. You are about to give directions to an athlete who is standing with you. The athlete is new to town and needs to get to the athletic complex. The athlete has a bike. I would:
 - a. draw a map on paper
 - b. tell him/her the directions
 - c. write down the directions (without a map)
 - d. bike with them to the complex.

2. You have just been told you have a chronic injury. You would like to get more information, but are not sure whether a word should be spelled 'tendonitis' or 'tendinitis'. I would:
 - a. look it up in the dictionary.
 - b. see the word in my mind and choose by the way it looks
 - c. sound it out in my mind.
 - d. write both versions down on paper and choose one.

3. You have just received a copy of your itinerary for an upcoming athletic trip. This is of interest to a friend. I would:
 - a. phone him/her immediately and tell him/her about it.
 - b. send him/her a copy of the printed itinerary.
 - c. show him/her on a map of the region.
 - d. share what the team plans to do at each place we visit.

4. You are going to make a fruit smoothie for a pre-practice snack. I would:
 - a. mix something familiar without the need for instructions.
 - b. thumb through the blender cookbook looking for ideas from the pictures.
 - c. refer to a specific cookbook where there is a good recipe.

5. A group of international athletes has been assigned to you to find out about campus life. I would:
 - a. walk them around campus.
 - b. show them slides and photographs of campus
 - c. give them pamphlets or the campus handbook.
 - d. give them a talk about life on campus.

6. You are the team captain. The coach has asked you to put together a collection of songs for a warm-up tape. What would most influence your decision to include a song on the tape?
 - a. My teammates told me why I should include it.
 - b. I read the song lyrics and thought they would be great.
 - c. I played a little bit of each song to see how it sounded.
 - d. The album cover design is cool.

7. Recall a time in your life when you learned how to keep the official score (in a scorebook or stat sheet) for your particular sport. I learnt best by:
 - a. visual clues -- pictures, diagrams, charts
 - b. written instructions.
 - c. listening to somebody explaining it.
 - d. doing it or trying it.

8. You have a knee injury. I would prefer that the doctor or athletic trainer:
 - a. told me what was wrong.
 - b. showed me a diagram of what was wrong.
 - c. used a model to show me what was wrong.

9. You are about to learn to use a new stat program on a computer. I would:
 - a. sit down at the keyboard and begin to experiment with the program's features.
 - b. read the manual which comes with the program.
 - c. telephone a friend and ask questions about it.

10. You are on the road with an athletic team. You are staying in a hotel and have use of the team van. You need to head over to the athletic complex earlier than the rest of your teammates, but you don't know the address or location. I would like someone who has been there before to:
 - a. draw me a map on paper.
 - b. tell me the directions.
 - c. write down the directions (without a map).
 - d. drive me to the complex in the team van.

11. There is a book out on innovative game strategies for your particular sport. Besides price, what would most influence your decision to buy?
 - a. you have used a copy before.
 - b. you overheard your coaches discussing the book at practice.
 - c. quickly reading parts of it.
 - d. the way it looks is appealing.

12. An opponents game film has arrived in the athletic offices. What would most influence your decision to watch (or not watch)?
 - a. I heard my teammates critiquing it.
 - b. I saw the box score and stat sheet and wanted to see the game.
 - c. I saw parts of it when I was in my coach's office.

13. Do you prefer a coach who likes to teach a new game by?:
 - a. using a playbook and/or handouts
 - b. mapping it out on the chalk or whiteboard.
 - c. Using practical skill and technical sessions.
 - d. by bringing in an expert position coach to teach it.

The VARK Questionnaire – Athletes Version Scoring Chart

Use the following scoring chart to find the VARK category that each of your answers corresponds to. Circle the letters that correspond to your answers

e.g. If you answered b and c for question 3, circle R and V in the question 3 row.

| Question | a category | b category | c category | d category |
|----------|------------|------------|------------|------------|
| 3 | A | R | V | K |

Scoring Chart

| Question | a category | b category | c category | d category |
|----------|------------|------------|------------|------------|
| 1 | V | A | R | K |
| 2 | R | V | A | K |
| 3 | A | R | V | K |
| 4 | K | V | R | |
| 5 | K | V | R | A |
| 6 | A | R | K | V |
| 7 | V | R | A | K |
| 8 | A | V | K | |
| 9 | K | R | A | |
| 10 | V | A | R | K |
| 11 | K | A | R | V |
| 12 | A | R | V | |
| 13 | R | V | K | A |

Calculating your scores

Count the number of each of the VARK letters you have circled to get your score for each VARK category.

Total number of **V**s circled =

Total number of **A**s circled =

Total number of **R**s circled =

Total number of **K**s circled =