

The VARK Questionnaire for Athletes

How Do I Learn Best?

Choose the answer which best explains your preference and click the box next to it.

Please click **more than one** if a single answer does not match your perception.

Leave blank any question that does not apply.

1. You are to give directions to a new athlete. The athlete needs to get to the team's training facility. I would:
 - a. go with him/her to the facility.
 - b. tell him/her the directions.
 - c. write down the directions (without a map).
 - d. draw a map on paper.
2. You have an injury and you are not sure whether the word used for it was 'tendonitis' or 'tendinitis'. I would:
 - a. see the word in my mind and choose by the way it looks.
 - b. sound it out in my mind.
 - c. look it up in a dictionary.
 - d. write both versions down and choose one.
3. You have received a copy of your itinerary for a sports trip. This is of interest to a friend. I would:
 - a. share what you plan to do at each place you visit.
 - b. show him/her a map of where I am going.
 - c. send him/her a copy of the printed itinerary.
 - d. phone him/her and tell him/her about it.
4. You want to make a fruit drink for a snack. I would:
 - a. mix something familiar without the need for instructions.
 - b. ask a teammate or training partner for suggestions..
 - c. thumb through the blender cookbook looking for ideas from the pictures.
 - d. refer to a cookbook where that has good recipes.
5. Your coach has assigned a group of international athletes to you to learn about your training facility. I would:
 - a. talk about how the athletes use the facility.
 - b. show them photographs of the facility.
 - c. walk them around and demonstrate some of the gear in the facility.
 - d. give them a brochure about the facility's history and its features.
6. You are to purchase new equipment for your sport. Other than price, what would most influence your decision to purchase a product?
 - a. Trying or testing the product.
 - b. Reading the details about the product's features.
 - c. The product is well designed and looks good.
 - d. The salesperson telling me about the product's key features.
7. Recall a time in when you learned how to keep an official score (in a scorebook, judge's or statistic sheet) for your sport. I learnt best by:
 - a. doing it or trying it to see if it worked.
 - b. listening to somebody explaining it and asking questions.
 - c. visual clues - drawings, diagrams, graphs and charts.
 - d. written instructions.

8. You have a knee injury. I would prefer that the doctor or athletic trainer:
 - a. gave me a chapter in the sports medicine textbook for me to read.
 - b. used a plastic model to show me what was wrong.
 - c. told me what was wrong.
 - d. showed me what was wrong in a diagram.
9. You are about to learn to use a new statistics or visual tracking program on a computer. I would:
 - a. read the manual that came with the program.
 - b. contact a friend and ask questions about it.
 - c. try out some of the program's features.
 - d. follow the diagrams in the quick start guide.
10. I like team or sports websites that have:
 - a. demonstrations and interactive components that I can try.
 - b. interesting design and appealing visual features.
 - c. written descriptions about the team, players, results and coaches.
 - d. video talk using players and coaches.
11. An opponent's performance video has arrived for your coach. Why would you watch it?
 - a. I saw that it had useful charts and graphs of their performance.
 - b. I saw the box score or statistics sheet and wanted to see the performance.
 - c. I heard my teammates or training partners commenting on it.
 - d. I can remember the last time we competed and I want to re-experience that feeling.
12. You have a YouTube clip to learn how to use a new piece of training equipment. You would like to have:
 - a. a chance to ask questions and talk with someone about the machine and its features.
 - b. clear written instructions with lists and bullet points about how to get started using the machine.
 - c. diagrams or schematics showing the machine and how to use it properly.
 - d. video examples of correct and incorrect ways to use the machine.
13. Do you prefer a coach who likes to teach a new skill or strategy by:
 - a. using practical skill and technical sessions.
 - b. bringing in an expert coach or trainer to describe it.
 - c. using a playbook and/or handouts.
 - d. drawing it out on a chalk or whiteboard.
14. You finished competing in a sporting event and would like some feedback from your coach. You would like to:
 - a. watch a video that highlighted examples of what you did well and what you did poorly.
 - b. read the statistical summary from the event.
 - c. talk through your performance with your coach.
 - d. see the graphical analysis of your performance.
15. You are the team captain. The team has asked you to make a collection of songs for a warm-up. Why would you decide to include a song?
 - a. I played a little bit of each song to see how it sounded.
 - b. Some teammates or a training partner told me I should include it.
 - c. I read the song lyrics and thought they would be great.
 - d. The cover design in iTunes is really cool.
16. Your coaches have asked you to make a presentation at the end-of-season function. You would:
 - a. make sure to include some interesting charts and graphs.
 - b. write a few key words and practice saying your speech over and over.
 - c. write your speech and learn it by reading it over several times..
 - d. gather examples and stories from teammates to highlight key moments in the season.

VARK Questionnaire – 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 V and R in the question 3 row:

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

Scoring Chart

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

Calculating your scores

Count the number of each of the VARK letters you have circled to get your scores:

Total number of V s circled =	<input type="text"/>
Total number of A s circled =	<input type="text"/>
Total number of R s circled =	<input type="text"/>
Total number of K s circled =	<input type="text"/>

Fill in the questionnaire online at <https://vark-learn.com/the-vark-questionnaire/the-vark-questionnaire-for-athletes/> to find out your VARK learning preference.