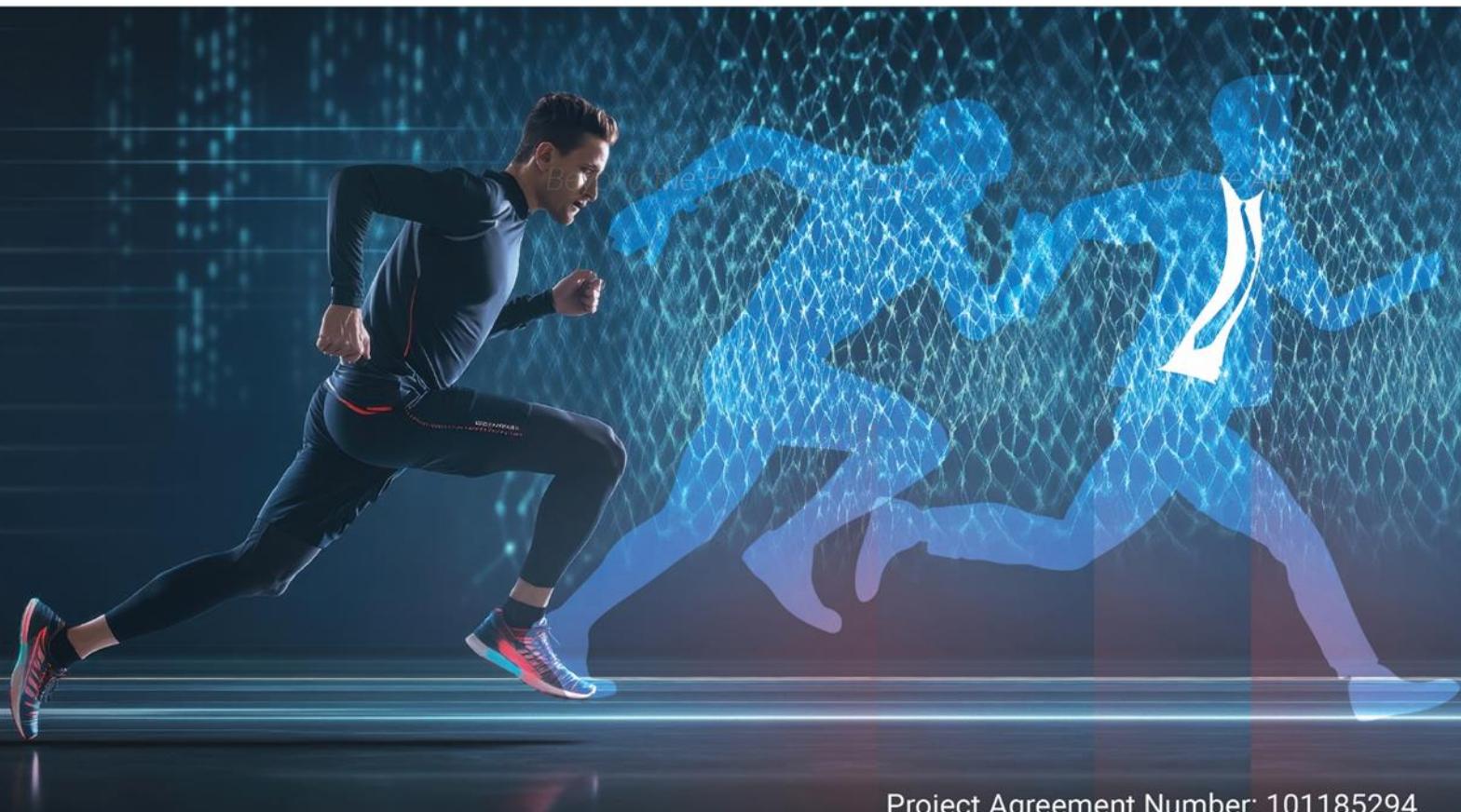


## **ASIT- Athlete Skills Inventory Tool**

**[D2.1]**



Project Agreement Number: 101185294



**Co-funded by  
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## Project Details

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Work Package Title:	Profiling Possible Career Paths and Identifying Athletes' Missing Skills
Work Package Task No:	2.1
Work Package Task Title:	Creation of an Athlete Skills Inventory Tool (ASIT) to Identify the Common Skills that Athletes Possess and the Skills they Lack

## Coordinator:

 **MMC** Mediterranean Management Centre

## Partners:



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### Version Details

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## 1. About 'PROGRESS DC'

The '**Progress DC**' project embraces the principles of the EU Guidelines (2012) by supporting professional athletes through a structured approach: **training and certifying Dual Career (DC) Advisers within sports organisations**, offering athletes flexible training in transversal and digital skills, and raising awareness among stakeholders and policy makers. By **bridging the gap between sports and education**, Progress DC helps athletes thrive *during and after their sporting careers*.

The overall aim of Progress DC is to **empower professional athletes to successfully prepare for and pursue a dual career by combining their sporting commitments with education and professional development**. Recognising the challenges athletes face *during and after their sporting careers*, the project seeks to provide them with the necessary tools, guidance, and support to transition smoothly into the labour market. By introducing the role of the **certified Dual Career Adviser within sports organisations**, offering targeted training in transversal and digital skills, and fostering strong collaboration between the sports and education sectors, Progress DC aspires to build **a sustainable framework that enables athletes to thrive both on and off the field**.

## 2. The ASIT tool

The completion of the **Athlete Skills Inventory Tool (ASIT)** aims to facilitate the **identification of the skills that most athletes develop during their sporting career, as well as the skills that athletes lack**.

### 2.1. Demographics

#### 1. Age

<16 / 16-18 / 19-23 / 24-29 / 30-39 / 40+

#### 2. Gender

Male / Female / Other

#### 3. Sport

Football / Basketball / Volleyball / Handball / Athletics / Swimming & Aquatics / Tennis / Cycling / Rowing / Judo / Taekwondo / Boxing / Gymnastics / Archery / Shooting / Sailing / Canoeing / Other

#### 4. Sport Type

Individual / Team

#### 5. Years of Involvement in Sport

0-2 / 3-5 / 6-10 / 11-15 / 16+

#### 6. Level of Involvement in Sport

Amateur / Semi-professional / Professional

#### 7. Are you currently combining sports with education?

Yes / No

#### 8. Are you currently combining sports with any type of employment (full-time, part-time, etc.) or with any job shadowing or internship opportunities?

Yes / No

## 2.2. Questions

(Scale: 1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much)

### 2.2.1. EntreComp (CA1:5; CA2:5; CA3:3) (13/15) (11)

- 1. During my sporting activities, I often identify opportunities for improvement and appreciate creative ideas that could benefit my team or performance.** [1.1 Spotting Opportunities & 1.4 Valuing Ideas]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

- 2. I enjoy looking for effective solutions or trying new techniques to improve my performance.** [1.2 Creativity]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

- 3. When setting long-term goals, I often visualise the impact I want to create on both sports and life.** [1.3 Vision]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

- 4. In sports and life, I consider whether my actions respect others and the environment.** [1.5 Ethical and Sustainable Thinking]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

- 5. Through sports, I identify my strengths and weaknesses and I feel confident in overcoming challenges.** [2.1 Self-awareness and Self-efficacy]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

- 6. I keep pushing myself during training to reach the expected results even when it takes time to show.** [2.2 Motivation and Perseverance]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

- 7. I am aware of how sponsorships, funding, or scholarships can influence my career and I know how to look for such opportunities for growth.** [2.3 Mobilising Resources and 2.4 Financial and Economic Literacy]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

- 8. In team settings, I often take the initiative to coordinate tasks and support my teammates.** [2.5 Mobilising Others]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

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**9. I am often the one suggesting new ideas or strategies during practice or meetings.** [3.1 Taking the Initiative]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**10. I use training plans and other schedules to balance sports with other commitments effectively.** [3.2 Planning and Management]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**11. Each training session or competition experience helps me reflect on what to improve and how I can improve.** [3.5 Learning through Experience]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

#### 2.2.2. LifeComp (P:3; S:3; L:3) (9/9) (1) (10)

**12. I regularly reflect on how my identity and values might evolve once my sports career ends.**

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**13. I manage my emotions and thoughts well during stressful competitions or other difficult situations.** [P1 Self-regulation]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**14. I try to understand what my teammates feel even if they do not express themselves directly.** [S1 Empathy]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**15. When unexpected changes occur (such as a canceled match), I adapt quickly to the new plan.** [P2 Flexibility]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**16. During team activities or competitions often taking place in multicultural settings, I express my ideas clearly and listen actively to others' input.** [S2 Communication]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**17. I make sure that I rest, eat well, and maintain healthy routines.** [P3 Wellbeing]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**18. I feel confident in contributing to group tasks and appreciate joint success.** [S3 Collaboration and 3.4 Working with Others]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**19. I see challenges as opportunities to learn and improve, even when progress is slow.** [L1 Growth Mindset]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**20. I evaluate advice and feedback from coaches or peers before deciding what works for me.** [L2 Critical Thinking]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**21. I regularly reflect on my progress and set goals to improve further.** [L3 Managing Learning]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

### 2.2.3. GreenComp (CA1:3; CA2:1; CA3:1; CA4:2) (8/12) (8)

**22. I try to make environmentally conscious choices in my sporting activities, such as using reusable bottles.** [1.1 Valuing Sustainability]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**23. I actively promote fair play and respect for the rules during training sessions and competitions.** [1.2 Supporting Fairness]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**24. I choose outdoor activities that help me connect with and appreciate the natural environment.** [1.3 Promoting Nature]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**25. I question claims about eco-friendly products before accepting them, by checking the products' labels and the production processes.** [2.2 Critical Thinking]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**26. I often think about how my choices in life today could contribute to a more sustainable future.** [3.1 Futures Literacy]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**27. I am open to changing my habits when I discover more sustainable or effective ways of doing things, even in uncertain or ambiguous situations.** [3.2 Adaptability and 3.3 Coping with Uncertainty, Ambiguity and Risk]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**28. I enjoy participating in group efforts promoting environmental protection.** [4.2 Collective Action]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**29. I take personal action to reduce environmental impact, even when I am not asked to do so.** [4.3 Individual Initiative]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**2.2.4. DigComp (CA1:2 covering 3; CA2: 2 covering 4; CA3:1 covering 2; CA4:0; CA5:2) (9/21) (6) (3) (9)**

**30. I can filter the data, information, and other content that I find online and assess their reliability.** [CA1 Information and Data Literacy: 1.1 and 1.2]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**31. I use digital tools (such as social media or other platforms) to collaborate effectively with teammates or other people with whom I work or interact.** [CA2 Collaboration and Communication: 2.2 and 2.4; CA1 Information and Data Literacy: 1.3]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**32. When communicating with my team or sport community online, I make sure that my messages are respectful and positive.** [CA2 Collaboration and Communication: 2.1 and 2.5]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**33. I often use digital platforms and programmes to create and edit content and to express myself in different formats (Microsoft office files, etc.).** [CA3 Developing Digital Content: 3.1 and 3.2]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**34. I use digital calendars and apps to manage my time and training schedule efficiently.** [CA5 Problem Solving: 5.2]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**35. I often watch online tutorials or videos to improve my knowledge or learn how to use a new tool related to my sport or work.** [CA5 Problem Solving: 5.4]

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**36. When preparing for networking in unfamiliar professional settings, I actively use digital platforms to research and connect with relevant people.**

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**37. I use professional networking platforms (e.g. LinkedIn) to explore employment or internship opportunities beyond sports.**

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

**38. I can create or update a digital portfolio/CV showcasing both my athletic achievements and non-sport skills for potential employers.**

1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a lot, 5 = Very much

## 2.3. Personal data protection

### Collection, Processing, Use, and Storage

By participating in this survey, I acknowledge that I have read and understood the information provided below and consent to the collection, processing, use, and storage of your personal data for the below-stated research purposes:

*Your participation in the survey is entirely voluntary. All responses will be treated confidentially. The data collected will be used and processed solely for research purposes and will be published in aggregate form (at national and/or consortium level), that is, your individual responses will not be identifiable in any reports or publications. All personal data will be kept secure and stored in accordance with the General Data Protection Regulation GDPR EU 2016/679. Access to the data will be limited to the project's research team and, if requested, the European Education and Culture Executive Agency (EACEA), the European Commission's body responsible for the project.*

*If you have any questions or concerns about the study, please contact the project's partner organisation conducting the survey in your country.*

### Consent

*Thank you for completing the questionnaire!*