

qualitative researchers who want to show higher levels of validity. Bryman (2008, p 151) describes validity as “the issue of whether an indicator that is devised to gauge a concept, really measures that concept.”

How this relates to the topic of using semi structured interviews (a type of qualitative research) over questionnaire surveys (a type of quantitative research) in the production of knowledge about obstacles of participation for young people in sport is legitimised by Gratton and Jones (2010) who describe how early research in areas of sport was dominated by quantitative approaches in order to measure behaviour and develop laws. This was useful information, however, it didn't impact the underlying issues, like emotions and experiences involved with the identified behaviour. This then has meant the importance of qualitative research within sports studies has increased.

Discussion

Using three key themes within this discussion, the author will now try to persuade the reader of the appropriateness of semi-structured interviews over questionnaire surveys, in the production of knowledge about obstacles to participation levels of children and young people in physical activity and sport.

Gratton and Jones (2010, p126) describe questionnaires as “a standardised set of questions to gain information from a subject.” There are four main types, firstly postal questionnaires, which are posted to the participant, completed and then posted back to the researcher. Another type can be done online, where the completed questionnaires are posted online and the results downloaded by the researcher. An additional method is via telephone or finally face-to-face questionnaires, where the researcher has a set

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