

**Appendix 12.3.** Interview Schedule: 3-2-1 Column Approach

|        |
|--------|
| Topic: |
|--------|

| Interview candidates      | Purpose / Perspective                                                                                                                                   | Interview date        |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <i>Ex. William Miller</i> | <i>Varsity football coach, Albertus Academy; players should train with heavy weights throughout middle and high school to prepare to play football.</i> | <i>March 12, 20xx</i> |
| 1                         |                                                                                                                                                         |                       |
| 2                         |                                                                                                                                                         |                       |
| 3                         |                                                                                                                                                         |                       |
| 4                         |                                                                                                                                                         |                       |
| 5                         |                                                                                                                                                         |                       |

| Research sources                 | Content                                                                      | Date published        |
|----------------------------------|------------------------------------------------------------------------------|-----------------------|
| <i>Book: Students and Sports</i> | <i>Lifting weights in middle school can inhibit proper bone development.</i> | <i>March 13, 20xx</i> |
| 1                                |                                                                              |                       |
| 2                                |                                                                              |                       |
| 3                                |                                                                              |                       |
| 4                                |                                                                              |                       |

| Photographs                     | Location and Description                                              | Date taken            |
|---------------------------------|-----------------------------------------------------------------------|-----------------------|
| <i>Students lifting weights</i> | <i>High school weight room; students in tenth grade lift weights.</i> | <i>March 10, 20xx</i> |
| 1                               |                                                                       |                       |
| 2                               |                                                                       |                       |
| 3                               |                                                                       |                       |
| 4                               |                                                                       |                       |