

The Sport Motivation Scale

Instructions:

Please use this list of sentences to describe why you practice in sports. There is no right or wrong answer.

Please choose the number that best describes you.

- | | |
|---|-----------------------------|
| 1 | Does not corresponds at all |
| 2 | Corresponds a little |
| 3 | Corresponds moderately |
| 4 | Corresponds a lot |
| 5 | Corresponds exactly |

1. For the pleasure I feel in living exciting experiences.

1-----2-----3-----4-----5

2. For the pleasure it gives me to know more about the sport that I practice.

1-----2-----3-----4-----5

3. I used to have good reasons for doing sport, but now I am asking myself if I should continue doing it.

1-----2-----3-----4-----5

4. For the pleasure of discovering new training techniques.

1-----2-----3-----4-----5

5. I don't know anymore; I have the impression of being incapable of succeeding in this sport.

1-----2-----3-----4-----5

6. Because it allows me to be well regarded by people that I know.

1-----2-----3-----4-----5

7. Because, in my opinion, it is one of the best ways to meet people.

1-----2-----3-----4-----5

8. Because I feel a lot of personal satisfaction while mastering certain difficult training techniques.

1-----2-----3-----4-----5

9. Because it is absolutely necessary to do sports if one wants to be in shape.

1-----2-----3-----4-----5

10. For the prestige of being an athlete.
1-----2-----3-----4-----5

11. Because it is one of the best ways I have chosen to develop other aspects of myself.
1-----2-----3-----4-----5

12. For the pleasure I feel while improving some of my weak points.
1-----2-----3-----4-----5

13. For the excitement I feel when I am really involved in the activity.
1-----2-----3-----4-----5

14. Because I must do sports to feel good myself.
1-----2-----3-----4-----5

15. For the satisfaction I experience while I am perfecting my abilities.
1-----2-----3-----4-----5

16. Because people around me think it is important to be in shape.
1-----2-----3-----4-----5

17. Because it is a good way to learn lots of things which could be useful to me in other areas of my life.
1-----2-----3-----4-----5

18. For the intense emotions I feel doing a sport that I like.
1-----2-----3-----4-----5

19. It is not clear to me anymore; I don't really think my place is in sport.
1-----2-----3-----4-----5

20. For the pleasure that I feel while executing certain difficult movements.
1-----2-----3-----4-----5

21. Because I would feel bad if I was not taking time to do it.
1-----2-----3-----4-----5

22. To show others how good I am good at my sport.
1-----2-----3-----4-----5

23. For the pleasure that I feel while learning training techniques that I have never tried before.
1-----2-----3-----4-----5

24. Because it is one of the best ways to maintain good relationships with my friends.
1-----2-----3-----4-----5

25. Because I like the feeling of being totally immersed in the activity.
1-----2-----3-----4-----5

26. Because I must do sports regularly.
1-----2-----3-----4-----5

27. For the pleasure of discovering new performance strategies.
1-----2-----3-----4-----5

28. I often ask myself; I can't seem to achieve the goals that I set for myself.
1-----2-----3-----4-----5

Scoring:

Intrinsic motivation - to know = Question # 2, 4, 23, 27

Intrinsic motivation - to accomplish= Question # 8, 12, 15, 20

Intrinsic motivation - to experience stimulation= Question # 1, 13, 18, 25

Extrinsic motivation - identified= Question # 7, 11, 17, 24

Extrinsic motivation – introjected= Question # 9, 14, 21, 26

Extrinsic motivation - external regulation= Question # 6, 10, 16, 22

Amotivation= Question # 3, 5, 19, 28

Enter your ratings for each numbered question in the category where it appears.
Add the ratings for each category to obtain a total for that specific fact.

<i>Intrinsic motivation - to know</i>
2 _____
4 _____
27 _____
23 _____
Total:

<i>Intrinsic motivation - to accomplish</i>
8 _____
12 _____
15 _____
20 _____
Total Grading:

*Intrinsic motivation - to
experience stimulation*
1 _____
3 _____
18 _____
25 _____

Total :

*Extrinsic motivation -
identified*
7 _____
11 _____
17 _____
24 _____

Total Guidance:

*Extrinsic motivation –
introjected*
9 _____
14 _____
21 _____
26 _____

Total:

*Extrinsic motivation -
external regulation*
6 _____
10 _____
16 _____
22 _____

Total:

Amotivation
3 _____
15 _____
19 _____
28 _____

Total:
