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.
2. For the pleasure it gives me to know more about the sport that I practice.
3. I used to have good reasons for doing sport, but now I am asking myself if I should continue doing it.
4. For the pleasure of discovering new training techniques.
5. I don't know anymore; I have the impression of being incapable of succeeding in this sport.
6. Because it allows me to be well regarded by people that I know.
7. Because, in my opinion, it is one of the best ways to meet people.
8. Because I feel a lot of personal satisfaction while mastering certain difficult training techniques.
9. Because it is absolutely necessary to do sports if one wants to be in shape.
10. For the prestige of being an athlete.

11. Because it is one of the best ways I have chosen to develop other aspects of myself.

12. For the pleasure I feel while improving some of my weak points.

13. For the excitement I feel when I am really involved in the activity.

14. Because I must do sports to feel good myself.

15. For the satisfaction I experience while I am perfecting my abilities.

16. Because people around me think it is important to be in shape.

17. Because it is a good way to learn lots of things which could be useful to me in other areas of my life.

18. For the intense emotions I feel doing a sport that I like.

19. It is not clear to me anymore; I don't really think my place is in sport.

20. For the pleasure that I feel while executing certain difficult movements.

21. Because I would feel bad if I was not taking time to do it.

22. To show others how good I am good at my sport.

23. For the pleasure that I feel while learning training techniques that I have never tried before.
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.
### 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: