

## Why do you practice your sport?

*Please think about why you practice your primary sport and respond to the questions below. Using the following scale, please indicate to what extent each of the following items corresponds to one of the reasons for which you are presently practicing your sport.*

Does not correspond at all 1	Corresponds very little 2	Corresponds a little 3	Corresponds moderately 4	Corresponds quite a bit 5	Corresponds quite a lot 6	Corresponds completely 7
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|-----|--|---|---|---|---|---|---|---|
| 1.  | Because I would feel bad about myself if I did not take the time to do it.                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2.  | I used to have good reasons for doing sports, but now I am asking myself if I should continue. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3.  | Because it is very interesting to learn how I can improve.                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4.  | Because practicing sports reflects the essence of whom I am.                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5.  | Because people I care about would be upset with me if I didn't.                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6.  | Because I found it is a good way to develop aspects of myself that I value.                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7.  | Because I would not feel worthwhile if I did not.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8.  | Because I think others would disapprove of me if I did not.                                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9.  | Because I find it enjoyable to discover new performance strategies.                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | I don't know anymore; I have the impression that I am incapable of succeeding in this sport.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. | Because participating in sport is an integral part of my life.                                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. | Because I have chosen this sport as a way to develop myself.                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. | It is not clear to me anymore; I don't really think my place is in sport.                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. | Because through sport, I am living in line with my deepest principles.                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. | Because people around me reward me when I do.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. | Because I feel better about myself when I do.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. | Because it gives me pleasure to learn more about my sport.                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. | Because it is one of the best ways I have chosen to develop other aspects of myself.           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**Scoring:**

Intrinsic Regulation: 3, 9, 17

Integrated Regulation: 4, 11, 14

Identified Regulation: 6, 12, 18

Introjected Regulation: 1, 7, 16

External Regulation: 5, 8, 15

Non Regulation: 2, 10, 13

Pelletier, L.G., Rocchi, M. A., Vallerand, R. J., Deci, E. L., & Ryan, R. M. (2013). Validation of the Revised Sport Motivation Scale (SMS-II). *Psychology of Sport and Exercise, 14*, 329-341.