

# PARTICIPATION MOTIVATION QUESTIONNAIRE (PMQ)

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

I am physically active because:	Very Important	Somewhat Important	Not Important at All
I want to improve my skills	1	2	3
I want to be with my friends	1	2	3
I like to win	1	2	3
I want to get rid of energy	1	2	3
I like to play sport	1	2	3
I want to stay in shape	1	2	3
I like the excitement	1	2	3
I like the teamwork	1	2	3
My parents or close friends want me to play	1	2	3
I want to learn new skills	1	2	3
I like to meet new friends	1	2	3
I like to do something I'm good at	1	2	3
I want to release tension	1	2	3
I like the rewards	1	2	3
I like to get exercise	1	2	3
I like to have something to do	1	2	3
I like the action	1	2	3
I like the team spirit	1	2	3
I like to get out of the house	1	2	3
I like to compete	1	2	3
I like to feel important	1	2	3
I like being on a team	1	2	3
I want to play sport at a higher level	1	2	3
I want to be physically fit	1	2	3
I want to be popular	1	2	3
I like the challenge	1	2	3
I like the teacher or coaches	1	2	3
I want to gain status or recognition	1	2	3
I like to have fun	1	2	3
I like to use the equipment or facilities	1	2	3