QUESSTIONNAIRE

**“Psychological Needs in Predicting Exercise Adherence: 2010T8726”**

**Please provide the following information:**

Student I.D. Number: \_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_ Sex: \_\_\_\_\_\_\_

Ethnicity: (Please check which you most identify with)

\_\_\_\_\_\_: Asian or Pacific Islander

\_\_\_\_\_\_\_: African American (not of Hispanic origin)

\_\_\_\_\_\_\_: Hispanic:

\_\_\_\_\_\_\_: Native American or Alaskan Native

\_\_\_\_\_\_\_: Caucasian (not of Hispanic origin)

\_\_\_\_\_\_\_: Bi- Multi-Racial

Relationship Status: Single In a Relationship Married Other

Height: \_\_\_\_\_\_ Weight: \_\_\_\_\_\_\_

**Part II**

*Psychological need satisfaction in exercise*

*On a Scale of 1-5 : 1(Not at all True) to 5 being (Very True)Please describe which most accurately describes how you feel toward exercise.*

**PNSE- Perceived competence**

I am able to complete challenging exercises: \_\_\_\_\_

I am confident I can do challenging exercises:\_\_\_\_\_

I feel confident I can perform challenging exercises:\_\_\_\_\_\_

I am capable of completing challenging exercises:\_\_\_\_\_\_\_

I am capable of doing most exercises:\_\_\_\_\_\_\_\_

I feel good about the way I complete exercises:\_\_\_\_\_\_\_\_

**PNSE- Perceived autonomy**

I feel free to exercise in my own way:\_\_\_\_\_\_\_

I feel free to make my own exercise decisions:\_\_\_\_\_\_\_

I feel like I am in charge of my exercise program:\_\_\_\_\_\_

I have a say in choosing the exercises I do:\_\_\_\_\_\_\_

I feel free to choose which exercise I undertake:\_\_\_\_\_\_\_

I am the one who decides what exercise I do:\_\_\_\_\_\_\_

**Perceived Relatedness**

I feel attached to my exercise companions:\_\_\_\_\_\_\_\_

I share a bond with others when exercising:\_\_\_\_\_\_\_\_

I feel a sense of camaraderie with fellow exercisers:\_\_\_\_\_\_\_\_

I feel close to my exercise companions:\_\_\_\_\_\_\_

I feel connected to people I exercise with:\_\_\_\_\_\_\_

I feel like I get along with fellow exercisers:\_\_\_\_\_\_\_\_