

The Scale

Motives for Physical Activities Measure – Revised (MPAM-R)

The following is a list of reasons why people engage in physical activities, sports and exercise. Keeping in mind your primary physical activity/sport, respond to each question (using the scale given), on the basis of how true that response is for you.

1	2	3	4	5	6	7
not at all						very
true for me						true
						for me

- ___ 1. Because I want to be physically fit.
- ___ 2. Because it's fun.
- ___ 3. Because I like engaging in activities which physically challenge me.
- ___ 4. Because I want to obtain new skills.
- ___ 5. Because I want to look or maintain weight so I look better.
- ___ 6. Because I want to be with my friends.
- ___ 7. Because I like to do this activity.
- ___ 8. Because I want to improve existing skills.
- ___ 9. Because I like the challenge.
- ___ 10. Because I want to define my muscles so I look better.
- ___ 11. Because it makes me happy.
- ___ 12. Because I want to keep up my current skill level.
- ___ 13. Because I want to have more energy
- ___ 14. Because I like activities which are physically challenging.
- ___ 15. Because I like to be with others who are interested in this activity.
- ___ 16. Because I want to improve my cardiovascular fitness.
- ___ 17. Because I want to improve my appearance.
- ___ 18. Because I think it's interesting.
- ___ 19. Because I want to maintain my physical strength to live a healthy life.
- ___ 20. Because I want to be attractive to others.
- ___ 21. Because I want to meet new people.
- ___ 22. Because I enjoy this activity.

- ___ 23. Because I want to maintain my physical health and well-being.
- ___ 24. Because I want to improve my body shape.
- ___ 25. Because I want to get better at my activity.
- ___ 26. Because I find this activity stimulating.
- ___ 27. Because I will feel physically unattractive if I don't.
- ___ 28. Because my friends want me to.
- ___ 29. Because I like the excitement of participation.
- ___ 30. Because I enjoy spending time with others doing this activity.

Scoring Information

Interest/Enjoyment: 2, 7, 11, 18, 22, 26, 29

Competence: 3, 4, 8, 9, 12, 14, 25

Appearance: 5, 10, 17, 20, 24, 27

Fitness: 1, 13, 16, 19, 23

Social: 6, 15, 21, 28, 30