

Sport Motivation Scale (SMS-II)

The Sport Motivation Scale II measures the different types of motivation in the sports context, ranging from intrinsic motivation to forms of extrinsic regulation, as well as amotivation. It is often used to understand the motivations that influence sports behavior.

Number of questions	18 questions
Estimated duration	20 minutes
Language	English
Original name	Sport Motivation Scale
Target audience	Athletes of all ages
Authors	Robert J. Vallerand, Luc G. Pelletier, Kim M. Miquelon, Nathalie Green-Demers, Raôul Valois (2012)
Category	General

Preview of the 18 questions

Why do you practice your sport?

Because I would feel bad about myself if I did not take the time to do it.

Does not correspond at all | Corresponds very little | Corresponds a little | Corresponds moderately | Corresponds quite a bit | Corresponds quite a lot | Corresponds completely

Why do you practice your sport?

I used to have good reasons for doing sports, but now I am asking myself if I should continue.

Does not correspond at all | Corresponds very little | Corresponds a little | Corresponds moderately | Corresponds quite a bit | Corresponds quite a lot | Corresponds completely

Why do you practice your sport?

Because it is very interesting to learn how I can improve.

Does not correspond at all | Corresponds very little | Corresponds a little | Corresponds moderately | Corresponds quite a bit | Corresponds quite a lot | Corresponds completely

Why do you practice your sport?

Because practicing sports reflects the essence of whom I am.

Does not correspond at all | Corresponds very little | Corresponds a little | Corresponds moderately | Corresponds quite a bit | Corresponds quite a lot | Corresponds completely

Why do you practice your sport?

Because people I care about would be upset with me if I didn't.

Does not correspond at all | Corresponds very little | Corresponds a little | Corresponds moderately | Corresponds quite a bit | Corresponds quite a lot | Corresponds completely

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Scoring & interpretation

Responses are given on a Likert scale. Scores are calculated for each subscale representing different types of motivation: intrinsic motivation, identified regulation, introjected regulation, external regulation and amotivation.

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