

# UNLV Sports Performance, Motivation and Fitness Questionnaire



**Center for Urban Partnerships  
Greenspun College of Urban Affairs**



# Hello!

We are pleased to present to you the **Sports**

**Performance, Motivation and Fitness Questionnaire (SPMFQ)**. This self-report instrument assesses a wide range of issues, concerns, and experiences relevant to student athletes as they compete at the collegiate level. More and more, collegiate coaches are seeking ways to improve their training programs and help athletes excel at their various sports. Winning sports programs are often comprised of coaches who understand their players, players who train appropriately for competition, and teams that communicate effectively. The SPMFQ represents one way that coaches can place their finger on the pulse of the team and register what is happening to players individually as they progress through the season and as a team. Modern day training techniques often include various activities used by the coaching staff to help prepare players for competition. Mental preparedness, conditioning, team cohesion, and fitness are only a few of the many approaches coaches use to improve player performance. Despite having developed a wealth of game tactics and on-the-field strategies; coaches may not implement techniques to assess players "off-the-field" strategies and techniques players use to help prepare for competition. In this regard, the Sports Performance, Motivation and Fitness Questionnaire helps provide coaches with a more refined look at how players get ready for competition, see themselves in contrast to their teammates, and what techniques players use to mentally condition themselves before and during the game.

As you fill out the questionnaire contained in this booklet, please remember that all of your answers are completely confidential. Your name never appears on the survey itself and we use unique identification codes to link responses for the different teams. No individual on your coaching staff will have access to these questionnaires or the answers you provide. Only the research staff at the Center for Urban Partnerships will have access to these data. As a matter of confidentiality, your data is protected under various Federal government regulations and the professional staff at the Center cannot access your names along with your identification codes.

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|   | Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |
|---|-------------------|----------|----------------------------|-------|----------------|
| e. I look forward to competing.   | ①                 | ②        | ③                          | ④     | ⑤              |
| f. I am most competitive when I try to achieve personal goals.                | ①                 | ②        | ③                          | ④     | ⑤              |
| g. I enjoy competing against others.  | ①                 | ②        | ③                          | ④     | ⑤              |
| h. I try hardest when I have a specific goal.                                 | ①                 | ②        | ③                          | ④     | ⑤              |
| i. My goal is to be the best athlete possible.                                | ①                 | ②        | ③                          | ④     | ⑤              |
| j. I want to be successful in sports.   | ①                 | ②        | ③                          | ④     | ⑤              |
| k. Performing to the best of my ability is very important to me.              | ①                 | ②        | ③                          | ④     | ⑤              |
| l. I work hard to be successful in sports.                                    | ①                 | ②        | ③                          | ④     | ⑤              |
| m. The best test of my ability is competing against others.                   | ①                 | ②        | ③                          | ④     | ⑤              |
| n. Reaching personal performance goals is very important to me.               | ①                 | ②        | ③                          | ④     | ⑤              |
| o. I look forward to the opportunity to test my skills in competition.        | ①                 | ②        | ③                          | ④     | ⑤              |
| p. I perform my best when I am competing against an opponent.                 | ①                 | ②        | ③                          | ④     | ⑤              |
| q. The best way to determine my ability is to set a goal and try to reach it. | ①                 | ②        | ③                          | ④     | ⑤              |
| r. I want to be the best every time I compete.                                | ①                 | ②        | ③                          | ④     | ⑤              |

4. *Indicate on a scale from 1 to 5 how much you agree or disagree with each statement...*

|  | Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| a. I am satisfied with my individual performance.  | ①                 | ②        | ③                          | ④     | ⑤              |
| b. In general, I am satisfied with the performance of the team as a whole.                             | ①                 | ②        | ③                          | ④     | ⑤              |
| c. My participation in soccer is very important to me because it allows me to be with the other girls. | ①                 | ②        | ③                          | ④     | ⑤              |
| d. We are a very closely-knit team.  | ①                 | ②        | ③                          | ④     | ⑤              |