

Scale Description

This scale assesses people's motivation for engaging in sport's activities. It assesses 7 types of motivation : intrinsic motivation toward knowledge, accomplishment and stimulation, as well as external, introjected and identified regulations, and amotivation. It contains 28 items (4 items for each of the 7 sub-scales) assessed on a 7-point scale.

References

Brière, N.M., Vallerand, R.J., Blais, M.R., & Pelletier, L.G. (1995). Développement et validation d'une mesure de motivation intrinsèque, extrinsèque et d'amotivation en contexte sportif : L'Échelle de Motivation dans les Sports (EMS). International Journal of Sport Psychology, 26, 465-489.

THE SPORT MOTIVATION SCALE (SMS-28)

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Journal of Sport & Exercise Psychology, 17, 35-53

WHY DO YOU PRACTICE YOUR SPORT ?

Using the scale below, please indicate to what extent each of the following items corresponds to one of the reasons for which you are presently practicing your sport.

Does not correspond at all	Corresponds a little		Corresponds moderately		Corresponds a lot		Corresponds exactly
1	2	3	4	5	6	7	

WHY DO YOU PRACTICE YOUR SPORT ?

1. For the pleasure I feel in living exciting experiences.	1	2	3	4	5	6	7
2. For the pleasure it gives me to know more about the sport that I practice.	1	2	3	4	5	6	7
3. I used to have good reasons for doing sport, but now I am asking myself if I should continue doing it.	1	2	3	4	5	6	7
4. For the pleasure of discovering new training techniques.	1	2	3	4	5	6	7
5. I don't know anymore; I have the impression of being incapable of succeeding in this sport.	1	2	3	4	5	6	7
6. Because it allows me to be well regarded by people that I know.	1	2	3	4	5	6	7
7. Because, in my opinion, it is one of the best ways to meet people.	1	2	3	4	5	6	7
8. Because I feel a lot of personal satisfaction while mastering certain difficult training techniques.	1	2	3	4	5	6	7
9. Because it is absolutely necessary to do sports if one wants to be in shape.	1	2	3	4	5	6	7
10. For the prestige of being an athlete.	1	2	3	4	5	6	7
11. Because it is one of the best ways I have chosen to develop other aspects of myself.	1	2	3	4	5	6	7
12. For the pleasure I feel while improving some of my weak points.	1	2	3	4	5	6	7
13. For the excitement I feel when I am really involved in the activity.	1	2	3	4	5	6	7
14. Because I must do sports to feel good myself.	1	2	3	4	5	6	7

15. For the satisfaction I experience while I am perfecting my abilities.	1	2	3	4	5	6	7
16. Because people around me think it is important to be in shape.	1	2	3	4	5	6	7
17. Because it is a good way to learn lots of things which could be useful to me in other areas of my life.	1	2	3	4	5	6	7
18. For the intense emotions I feel doing a sport that I like.	1	2	3	4	5	6	7
19. It is not clear to me anymore; I don't really think my place is in sport.	1	2	3	4	5	6	7
20. For the pleasure that I feel while executing certain difficult movements.	1	2	3	4	5	6	7
21. Because I would feel bad if I was not taking time to do it.	1	2	3	4	5	6	7
22. To show others how good I am good at my sport.	1	2	3	4	5	6	7
23. For the pleasure that I feel while learning training techniques that I have never tried before.	1	2	3	4	5	6	7
24. Because it is one of the best ways to maintain good relationships with my friends.	1	2	3	4	5	6	7
25. Because I like the feeling of being totally immersed in the activity.	1	2	3	4	5	6	7
26. Because I must do sports regularly.	1	2	3	4	5	6	7
27. For the pleasure of discovering new performance strategies.	1	2	3	4	5	6	7
28. I often ask myself; I can't seem to achieve the goals that I set for myself.	1	2	3	4	5	6	7

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KEY FOR SMS-28

- # 2, 4, 23, 27 Intrinsic motivation - to know**
 - # 8, 12, 15, 20 Intrinsic motivation - to accomplish**
 - # 1, 13, 18, 25 Intrinsic motivation - to experience stimulation**
 - # 7, 11, 17, 24 Extrinsic motivation - identified**
 - # 9, 14, 21, 26 Extrinsic motivation - introjected**
 - # 6, 10, 16, 22 Extrinsic motivation - external regulation**
 - # 3, 5, 19, 28 Amotivation**
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Pelletier, L. G., Fortier, M. S., Vallerand, R. J., Tuson, K. M., Brière, N. M., & Blais, M. R. (1995). Toward a new measure of intrinsic motivation, extrinsic motivation, and amotivation in sports: The Sport Motivation Scale (SMS). *Journal of Sport & Exercise Psychology, 17*, 35-53.

Note: To use this scale you require only to mention the complete reference data.

Thank you for your interest.

Good luck in your research.