**Sport Competition Anxiety Test**

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| Read each statement below. Decide if you “rarely,” “sometimes,” or “often” feel this way when competing in your sport and mark that box. | Rarely | Sometimes | Often |
| 1. Competing against other people is socially enjoyable.
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| 1. Before I compete: I feel uneasy.
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| 1. Before I compete: I worry about not performing well.
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| 1. I am a good sportsman when I compete .
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| 1. When I compete: I worry about making mistakes.
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| 1. Before I compete: I am calm.
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| 1. Setting a goal is important when competing.
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| 1. Before I compete: I get a queasy feeling in my stomach.
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| 1. Just before competing: I notice my heart beats faster than usual.
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| 1. I like to compete in games that demands a lot of physical energy.
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| 1. Before I compete: I feel relaxed.
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| 1. Before I compete: I am nervous.
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| 1. Team sports are more exciting than individual sports.
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| 1. I get nervous wanting to start the game.
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| 1. Before I compete: I usually get uptight.
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| **Totals** |  |  |  |

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| **Scoring** |
| Rarely = 1 point | Sometimes = 2 points | Often = 3 points |

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| **Levels of Anxiety** |
| Low levels of anxiety =Less than 17 | Average levels of anxiety=17 – 24 | High levels of anxiety=More than 24 |