**Sport Competition Anxiety Test**

|  |  |  |  |
| --- | --- | --- | --- |
| 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. |  |  |  |
| 1. Before I compete: I feel uneasy. |  |  |  |
| 1. Before I compete: I worry about not performing well. |  |  |  |
| 1. I am a good sportsman when I compete . |  |  |  |
| 1. When I compete: I worry about making mistakes. |  |  |  |
| 1. Before I compete: I am calm. |  |  |  |
| 1. Setting a goal is important when competing. |  |  |  |
| 1. Before I compete: I get a queasy feeling in my stomach. |  |  |  |
| 1. Just before competing: I notice my heart beats faster than usual. |  |  |  |
| 1. I like to compete in games that demands a lot of physical energy. |  |  |  |
| 1. Before I compete: I feel relaxed. |  |  |  |
| 1. Before I compete: I am nervous. |  |  |  |
| 1. Team sports are more exciting than individual sports. |  |  |  |
| 1. I get nervous wanting to start the game. |  |  |  |
| 1. Before I compete: I usually get uptight. |  |  |  |
| **Totals** |  |  |  |

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

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