

Task and Ego Orientation in Sport Questionnaire

I feel most successful in sport when...	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
1. I am the only one who can do the play or skill.					
2. I learn a new skill and it makes me want to practice more.					
3. I can do better than my friends.					
4. The others cannot do as well as me.					
5. I learn something that is fun to do.					
6. Others mess up "and" I do not.					
7. I learn a new skill by trying hard.					
8. I work really hard.					
9. I score the most points/goals/hits, etc.					
10. Something I learn makes me want to go practice more.					
11. I am the best.					
12. A skill I learn really feels right.					
13. I do my very best.					

Scoring

Ego Orientation =	(q1 + q3 + q4 + q6 + q9 + q11) divided by 6
Mastery Orientation =	(q2 + q5 + q7 + q8 + q10 + q12 + q13) divided by 7