APPENDIX – A

SELF-CONCEPT QUESTIONNAIRE (SCQ)

Dr. Raj Kumar Saraswat
Educational & Vocational Guidance Unit
NCERT, New Delhi 110 016

Please fill up the following blanks:

Name .................................. Age .................................. Sex ..................................

Religion .................................. Caste .................................. Rural/Urban ..................................

Father’s Name .................................. Father’s occupation ..................................

Monthly income .................................. School ..................................

Class .................................. Section .................................. Roll No .................................. Date ..................................

Scoring Table (Area-wise)

<table>
<thead>
<tr>
<th>Item No</th>
<th>Item A No.</th>
<th>Item B No.</th>
<th>Item C No.</th>
<th>Item D No.</th>
<th>Item E No.</th>
<th>Item F No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>1</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>8</td>
<td>10</td>
<td>13</td>
<td>34</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>21</td>
<td>14</td>
<td>15</td>
<td>35</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>37</td>
<td>16</td>
<td>17</td>
<td>41</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>40</td>
<td>19</td>
<td>25</td>
<td>42</td>
<td>33</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>43</td>
<td>23</td>
<td>26</td>
<td>44</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>46</td>
<td>24</td>
<td>30</td>
<td>45</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>48</td>
<td>28</td>
<td>32</td>
<td>47</td>
<td>39</td>
<td></td>
</tr>
</tbody>
</table>

Total

Interpretation

Sum of all areas

Est. 1971

National Psychological Corporation

4/230, Kacheri Ghat, Agra 282004
Objectives:

All persons are not equal. Every person has some characteristics which differentiate him from others. These characteristics from the basic of different nature of persons. Here are some questions regarding these characteristics. You might have these qualities in varying quantities. I want to know how these qualities affect different aspects of your life. The success of this objective depends on your co-operation. I assure you that your answers would be kept secret. I request you to answer unhesitatingly.

Instructions:

On the following pages there are some questions and their probable answers given against them. You read them carefully and whichever suits you, put a tick in the blank space given against it. You have to mark only one answer. An illustration is given below. There is no time limit for it but you should answer it as soon as possible.

Illustration:

If you think that you have beautiful teeth, you tick in the space given below the word ‘Beautiful’

* What type of teeth do you have?

<table>
<thead>
<tr>
<th>Very beautiful</th>
<th>Beautiful</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>(  )</td>
<td>(  )</td>
<td>(  )</td>
</tr>
</tbody>
</table>

Beautiless | Beautiless at all
<p>| (  ) | (  ) |</p>
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Always</th>
<th>Usually</th>
<th>Sometimes</th>
<th>Usually Not</th>
<th>Never</th>
<th>Obtained</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Do your friends come to your for advice?</td>
<td>(      )</td>
<td>(       )</td>
<td>(         )</td>
<td>(           )</td>
<td>(     )</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>What do you think about your appearance?</td>
<td>V. beautiful (      )</td>
<td>Beautiful (     )</td>
<td>Satisfactory (   )</td>
<td>Not satisfactory (     )</td>
<td>Ugly (   )</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>How do you find yourself in doing physical work?</td>
<td>Very strong (      )</td>
<td>Strong (      )</td>
<td>Average (   )</td>
<td>Delicate (     )</td>
<td>Very delicate (    )</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>How do you find your temperament?</td>
<td>Always cheerful (    )</td>
<td>Cheerful (    )</td>
<td>Normal (    )</td>
<td>Sometimes unhappy (    )</td>
<td>Always unhappy (    )</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>How do you like school studies?</td>
<td>Very good (      )</td>
<td>Good (      )</td>
<td>Average (   )</td>
<td>Not good (     )</td>
<td>Not good at all (   )</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Do you believe in religious customs &amp; traditions?</td>
<td>Very much (      )</td>
<td>Usually (    )</td>
<td>Normally (   )</td>
<td>Sometimes (    )</td>
<td>Never (    )</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Do you participate in criticising others?</td>
<td>Always (      )</td>
<td>Mostly (    )</td>
<td>Generally (   )</td>
<td>Not usually (    )</td>
<td>Never (    )</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Do you express your ideas frankly in the presence of others?</td>
<td>Always (      )</td>
<td>Mostly (    )</td>
<td>Normally (   )</td>
<td>Sometimes (    )</td>
<td>Never (    )</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>How do you like your complexion?</td>
<td>V. beautiful (    )</td>
<td>Beautiful (    )</td>
<td>Normal (     )</td>
<td>Not so beautiful (    )</td>
<td>Ugly (     )</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Do you think yourself one of the cheerful persons?</td>
<td>Always (      )</td>
<td>Mostly (    )</td>
<td>Normally (   )</td>
<td>No (         )</td>
<td>Never (    )</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Do you behave abnormally also?</td>
<td>Always (      )</td>
<td>Mostly (    )</td>
<td>Sometimes (   )</td>
<td>Seldom (      )</td>
<td>Never (    )</td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Highly ( )</td>
<td>Usually ( )</td>
<td>Average ( )</td>
<td>Less experienced ( )</td>
<td>Without any experience ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>------------</td>
<td>-------------</td>
<td>-------------</td>
<td>----------------------</td>
<td>--------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Do you think yourself an experienced person?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Do you think about your teachers?</td>
<td>Always ( )</td>
<td>Mostly ( )</td>
<td>Normally ( )</td>
<td>Usually not ( )</td>
<td>Never ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Do you think yourself to be a cool-tempered man?</td>
<td>V. much ( )</td>
<td>Usually ( )</td>
<td>Average ( )</td>
<td>Some disturbed ( )</td>
<td>Much disturbed ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. Are you regular in doing your some work assignments?</td>
<td>Always ( )</td>
<td>Mostly ( )</td>
<td>Normally ( )</td>
<td>Usually not ( )</td>
<td>Never ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. Do you insult others?</td>
<td>Never ( )</td>
<td>Not often ( )</td>
<td>Usually ( )</td>
<td>Mostly ( )</td>
<td>Always ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. Do you have difficulty in understanding something when the teacher explains in the class?</td>
<td>Never ( )</td>
<td>Usually ( )</td>
<td>Generally ( )</td>
<td>Often feel difficulty ( )</td>
<td>Usually feel difficulty ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Do you think if definitely you got an opportunity you can discover something new?</td>
<td>Definitely ( )</td>
<td>Most ( )</td>
<td>Probably ( )</td>
<td>Doubtful ( )</td>
<td>Not at all ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Do you feel irritated if somebody finds fault with your work?</td>
<td>Never ( )</td>
<td>Usually ( )</td>
<td>Sometimes ( )</td>
<td>Usually ( )</td>
<td>Always ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. How do you find your personality</td>
<td>Most attractive ( )</td>
<td>Attractive ( )</td>
<td>Normal ( )</td>
<td>Unattractive ( )</td>
<td>Totally unattractive ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Always good ( )</td>
<td>Mostly good ( )</td>
<td>Usually good ( )</td>
<td>Sometimes dislike ( )</td>
<td>Never like ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>-----------------</td>
<td>-----------------</td>
<td>------------------</td>
<td>-----------------------</td>
<td>---------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 How do you like the company of others?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22 How much are you satisfied with your weight?</td>
<td>Fully satisfied ( )</td>
<td>Satisfied ( )</td>
<td>Usually satisfied ( )</td>
<td>Not so satisfied ( )</td>
<td>Unsatisfied ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23 Do you feel irritated while you face petty difficulties?</td>
<td>Never ( )</td>
<td>Mostly not ( )</td>
<td>Generally ( )</td>
<td>Sometimes ( )</td>
<td>Always ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24 Are you coward by nature?</td>
<td>Not at all ( )</td>
<td>Not much ( )</td>
<td>Normal ( )</td>
<td>Usually ( )</td>
<td>Very much ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 How much are you satisfied with the present position of your studies in class?</td>
<td>Completely satisfied ( )</td>
<td>Somewhat satisfied ( )</td>
<td>Average ( )</td>
<td>Somewhat dissatisfied ( )</td>
<td>Totally dissatisfied ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26 How do you like school examination?</td>
<td>Like very much ( )</td>
<td>Mostly like ( )</td>
<td>Generally like ( )</td>
<td>Seldom like ( )</td>
<td>Never like ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27 How is your voice?</td>
<td>Very good ( )</td>
<td>Good ( )</td>
<td>Normal ( )</td>
<td>Not good ( )</td>
<td>Unsatisfactory ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 Are you curious to know the end while reading a novel or seeing a movie?</td>
<td>Always ( )</td>
<td>Usually ( )</td>
<td>Normally ( )</td>
<td>No ( )</td>
<td>Not at all ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 How do you find your health?</td>
<td>Very good ( )</td>
<td>Good ( )</td>
<td>Average ( )</td>
<td>Weak ( )</td>
<td>Feeble ( )</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Always present</td>
<td>Usually present</td>
<td>Average</td>
<td>Generally absent</td>
<td>Usually absent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------------------</td>
<td>----------------</td>
<td>-----------------</td>
<td>---------</td>
<td>------------------</td>
<td>---------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 How is your attendance in the class?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 How much are you satisfied with your height?</td>
<td>Fully satisfied</td>
<td>Satisfied</td>
<td>Normal</td>
<td>Somewhat dissatisfied</td>
<td>Fully dissatisfied</td>
<td></td>
<td></td>
</tr>
<tr>
<td>32 Do you try to get first position in the test given in the class?</td>
<td>Always</td>
<td>Usually</td>
<td>Generally</td>
<td>Often not</td>
<td>Never</td>
<td></td>
<td></td>
</tr>
<tr>
<td>33 Do you take care of the merits and demerits of a work before doing it?</td>
<td>Always</td>
<td>Usually</td>
<td>Generally</td>
<td>Usually not</td>
<td>Never</td>
<td></td>
<td></td>
</tr>
<tr>
<td>34 Where do you place yourself while speaking truth?</td>
<td>Always speak truth</td>
<td>Usually speak truth</td>
<td>Generally speak truth</td>
<td>Usually hesitate in speaking truth</td>
<td>Always have to resort to falsehood</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35 Where do you place yourself in obeying public rules e.g. rules pertaining to public places, like road, park, railway station etc.?</td>
<td>Always obey rules</td>
<td>Usually obey rules</td>
<td>Generally obey rules</td>
<td>Usually do not obey rules</td>
<td>Never care for rules</td>
<td></td>
<td></td>
</tr>
<tr>
<td>36 Are you more intelligent than your colleagues?</td>
<td>Certainly more</td>
<td>Usually</td>
<td>Generally</td>
<td>Less</td>
<td>Not at all</td>
<td></td>
<td></td>
</tr>
<tr>
<td>37 Do you take part in organising it when your classmates go to picnic etc.?</td>
<td>Always</td>
<td>Usually</td>
<td>Generally</td>
<td>Usually not</td>
<td>Never</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
38. Do you solve yourself the difficulties and problems of your studies?

<table>
<thead>
<tr>
<th>Always solve ( )</th>
<th>Usually solve ( )</th>
<th>Generally solve ( )</th>
<th>Usually can't solve ( )</th>
<th>Always take help of others ( )</th>
</tr>
</thead>
</table>

39. How much do you attend to artistic aspect of the photograph while seeing or making it?

<table>
<thead>
<tr>
<th>Give very much attention ( )</th>
<th>Give much attention ( )</th>
<th>Give average attention ( )</th>
<th>Give some attention ( )</th>
<th>Do not give any attention ( )</th>
</tr>
</thead>
</table>

40. What will you do if you are doing some important work and your friends ask you to accompany them for a walk?

- Will start immediately ( )
- Will go after thinking for sometime ( )
- Will keep silent ( )
- Will not go after thinking for sometime ( )
- Will refuse at once ( )

41. While taking the examination you are not able to answer some questions and a book of the same subject is lying near you, will you take help of the book?

- Will never do much thing ( )
- Do not have the courage to do inspite of will ( )
- Generally do not do this ( )
- Will use the book if get an opportunity ( )
- Will immediately use the book ( )
42 If you get an opportunity to drink water in the house of so called low caste persons, what will you do?
   Shall take water
   Will take water after some consideration
   Will care for cleanliness
   Will take water but would tell nobody.
   Will not take water

43 Do you hesitate in mixing with persons of opposite sex?
   Do not hesitate at all
   Sometimes hesitate
   Generally do not hesitate
   Usually hesitate
   Always hesitate

44 You are standing in the bus queue for a long time when bus comes, the conductor takes some passengers and stops at your turn because there is no space in the bus, what will you do in these circumstances?
   Will wait for the next bus
   Will request the conductor
   Will run and try to board the bus
   Will push the other passengers and try to board the bus
   Will make a noise
45. What will you do if you come to know of immoral character of your friend?
   Will completely break the friendship ( )
   Will lessen the friendship ( )
   Will continue friendship but will try to make him understand ( )
   Will continue friendship as it was. ( )
   Will strengthen the friendship ( )

46. You have to do your tasks – a) you have to call the doctor to show your sick brothers, b) you have to do the preparation for going out the next day, c) You have to read novel, d) The friend is going away, you have to go to see him. What will you do in the first place?
   Will call the doctor to show the sick brother ( )
   Will prepare for going out ( )
   Will read novel ( )
   Will go to see the friend ( )
   Will not do any of the above mentioned work ( )

47. Your friend gives you one thousand rupees to keep and when you count these are eleven hundred. What will you do?
   Will return one hundred rupees to the friend at once ( )
   Will tell the friend at once ( )
   Will return 1100 rupees while returning them ( )
If the friend does not come to know, will take
out one hundred rupees if possible
Shall take out one hundred rupees

48. Do you like to do the work keeping in mind the desire of others?
   Always do the work keeping in mind the desire of others
   Usually do the work keeping in mind the desire of the others
   Generally do the work keeping in mind the desire of others
   Sometimes do not care for the liking of others
   Always do according to one's own will
## APPENDIX – B
PERSONAL MOTIVES RATING SCALE
STRICKLY CONFIDENTIAL

**Date**

**Name of the student**

**Class**

**Section**

**Roll No.**

Concerning your own reasons behind sport selection Please think back and rate the following placing the proper number on the side of each question:

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>I selected my sport because I feel I have the ability to perform it well and enjoy feeling competent.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because it was a good way to meet new boys and have fun with my friends.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because it helps me keep fit and healthy.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because it helps me release my tensions.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because it can often be a thrilling experience and I enjoy taking risks that I know I can handle.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because of the beauty I can see and experience in movement.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because of the hand and strenuous workout I get with my body.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because of the chance I get to complete and challenge myself.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because of the chance I get to feel powerful and strong.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because I enjoy winning. Having prestige and status.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>I selected my sport because it my eliminates fear of failure and develops self confidence.</td>
<td>1 2 3 4 5 6</td>
</tr>
<tr>
<td>Was there any other personal motive(s) that influenced you to select your sport? Mention that and rate the motive(s) please.</td>
<td>1 2 3 4 5 6</td>
</tr>
</tbody>
</table>
APPENDIX – C
SONSTROEM PHYSICAL EXAMINATION AND ATTRACTION SCALE
STRICTLY CONFIDENTIAL

Date

Name of the student

Class

Section

Roll No

DIRECTIONS

The statements below reflect certain attitudes and interests of persons. Read each statement and decide whether it is true or false as applied to you. In some cases you may have difficulty in deciding which response is best, but please make some choice and answer every item. Please do not make an attempt to be consistent in your answers throughout the test, but respond to each item individually. Even if an item asks about things you haven’t experienced, answer it as best you can on the basis of what you have heard, or read.

1. I would rather see a play than a movie

2. I prefer exercising to reading

3. I can rally prefer talking with friends to playing recreational games

4. I would much rather play games than go for a ride in a car

5. Most of my friends work harder than I do

6. My body is strong and muscular compared to other boys of my age

7. I would be interested in learning to play a musical instrument

8. Most sports require too much time and energy to be worthwhile

9. I would have made a good accountant

10. I am in better physical condition than most boys of my age

11. The mechanical properties of motors interest me a great deal

12. On a Sunday afternoon, I would prefer to go to a movie rather than to go on a picnic

13. I am quite limber and agile compared to other of my age

14. I often stick up for my own point of view even when no one agrees with me.
I enjoy people who talk a great deal

I prefer team sports to individual as because of the experience of playing with different people.

I like to be in sports that don’t require a great amount of running.

I know that my health improves when I exercise.

I just don’t have the coordination necessary to look like a graceful athlete.

I prefer wood working than to paint.

One of my favorite interests is listening to music.

I would enjoy participating in activities such as cross country running and swimming.

Music, art, or intellectual pursuits are more refreshing to me than physical activity.

I would rather visit an amusement park than watch a tennis match.

I like the social opportunities afforded by physical activity programs.

I am better coordinated than most people I know.

I would enjoy difficult mountain climbing.

I have to go to dance programs.

I don’t think I’d enjoy participating in a judo program.

I enjoy the feeling of physical well being one gets after a day’s physical activity.

I would rather watch a good movie than a hockey match.

I would like to belong to some type of exercise group.

I am a good deal stronger than most of my friends.

I would rather play cards than cricket.

Compared to other people I am somewhat clumsy.

I enjoy hard physical work.

I like to engage in recreational exercise rather than in organized competitive athletics.
I am stronger than a good many of my friends.

Most people I know think I have very good physical skills.

My friends seem to be more physically active than I am.

I would rather walk than run through an open meadow or field.

Sports provide me with a welcome escape from the pressures of present day life.

I like the rough and tumble of athletic competition.

I prefer to watch an exciting basketball game rather than play it myself.

I rather enjoy the physical risk involved when I play football.

I would enjoy the participating in a vigorous weight lifting program.

Long distance running would seem to be a enjoyable activity.

I doubt that I could ever get into good physical condition.

My legs have as much spring as those of champion high jumpers.

I don’t enjoy doing things that get me sweaty and dirty.

I prefer not to participate in physical activities that involve risk of injury.

I would enjoy belonging to a good cricket club.

When tensions are high, I prefer to lie down and rest rather than to absorb myself in physical activity.

If I wanted to, I could become an excellent tennis player.

I enjoy performing gymnastic stunts because of the coordinated movements involved.

It make no difference to me how strong or fit I am.

I would like to meet more people by engaging in various types of physical activities.

After a day at school, I prefer to take it easy instead of participating in vigorous sport activity.

It is difficult for me to catch a thrown ball.

With a fair amount of practice I could maintain a high scoring average in basketball.
I enjoy the discipline of long and strenuous physical training. ( )
I can run faster than most of my friends. ( )
Watching an athletic contest provides a welcome relief from the cares of life. ( )
With practice I could become a very good cricketer. ( )
I have more important things to do than so spend tome on developing and maintaining physical fitness. ( )
I would rather run in a track meet than play badminton. ( )
I could do better at long distance hiking than the average boy of my age. ( )
I exhibit a fair amount of leadership in a sports situation. ( )
I lack confidence in performing physical activities. ( )
Even with practice I doubt that I could learn to do a handstand well. ( )
Playing tennis appeals to me more than golfing. ( )
I can run for longer distances than most boys of my age. ( )
I am a natural athlete. ( )
The thought of getting sweaty and dirty often keeps me from exercising. ( )
I love to run. ( )
Getting into good physical shape takes too much effort to be really worth it. ( )
I have a strong throwing arm for baseball or softball. ( )
Karate competition must be fun. ( )
It would be very difficult for me to learn to do a back dive. ( )
I would prefer to listen to a concert than to watch gymnastics. ( )
I am well-equipped to excel at physical activities. ( )
Being strong and highly fit is not really that important to me. ( )
Absorbing myself in a good sport activity provides an escape from the routine of a school day. ( )
84 Even with practice I doubt that I could ever learn to do a cartwheel well.

85 Exercise relieves me of emotional strain.

86 I would play sports more often if I didn't get too tired.

87 Probably I could get into good physical condition faster than most fellows of my age.

88 I often doubt my physical abilities.

89 I would rather play football than go to an amusement park.

90 Participation in physical activity improves me as a social person.

91 I am not very good at most physical skills.

92 I enjoy the exhilarated feeling one gets after doing calisthenics.

93 I am not able to meet many worthwhile people through participation in sports.

94 Poor timing handicaps me in certain physical activities.

95 I am a natural leader in sports activities.

96 I would rather play active sports, like soccer and basketball than participate in activities like badminton and softball.

97 I believe it is important that a person belongs to a group that participates in sports activities together.

98 I would rather watch either a baseball or basketball game than visit a museum or art gallery.

99 Target archery appeals to me more as an activity than does tennis.

100 I believe one of the greatest values of physical activity is the thrill of competition.