APPENDICES
APPENDIX – I

SPORTS ACHIEVEMENT MOTIVATION TEST

Dr. M. L. Kamlesh

DIRECTIONS

The questionnaire given below has incomplete statements which has to be filled by choosing either of the two options by a tick mark (√) that you think to be correct. Your responses will be used by the researcher for judging the Sports Achievement Motivation score. Hence it is requested to you to respond as authentic as you can. Your responses will be kept secret. The test will be conducted within 30 minutes. So try out all the questions to complete it in stipulated time.

_____________

Researcher

1. I enjoy playing __________
   a) vigorous game(s).
   b) game(s) which requires little physical effort

2. As a player I like to be called __________
   a) a well-equipped player.
   b) a top scorer.

3. In my like I would like to __________
   a) use sport as a profession.
   b) use my sports achievements to get other benefits like employment, admission etc.

4. I want to earn fame in sports __________
   a) by my hard work.
   b) by influencing officials / selectors.

5. During the holidays, I want __________
   a) to watch matches.
   b) to spend time in perfecting my game.

6. I take pride in being called __________
   a) a sportsman of fine manners.
   b) a sportsman of perfect techniques and skills.

7. It is my nature __________
   a) to just participate in sports rather than to complete.
   b) to take sports competitions seriously
8. I play the game __________
   a) to keep good health only.
   b) to just earn fame.

9. I feel extremely unhappy when ________
   a) I lose a match.
   b) I lose my sports equipment or kit.

10. Generally I make friends with ________
    a) those who are outstanding sportsman though less influential.
    b) those who are highly influential but sportsmen or lesser ability.

11. I have a tendency to concentrate ________
    a) on one game only.
    b) on more than one game.

12. I feel my success depends upon ________
    a) my own hard work.
    b) my friends or officials.

13. I want to practise sports so that ________
    a) I may be selected to represent my school / state / nation.
    b) so that I may keep fit.

14. I feel that winning in sports is ________
    a) something to be proud of
    b) everything for me.

15. I shall feel contented if my team ________
    a) just wins a match.
    b) crushes the opposite team.

16. In near future, I shall be ________
    a) a star sportsman.
    b) a rich person.

17. Generally I have a feeling that ________
    a) I must represent my country in my sport.
    b) I may achieve some success in sports activities.

18. Criticism on my performance ________
    a) helps me to work harder.
    b) discourages me a great deal.

19. I would like to ________
    a) do much better than others.
    b) the best within my power.

20. Generally I have a feeling ________
    a) that I would create a new record in my game / sport.
    b) that I shall retire before I reach the top in my game.
# APPENDIX – II

## LIST OF ABBREVIATIONS

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
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<tbody>
<tr>
<td>B%</td>
<td>Basophil Percentage</td>
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<tr>
<td>DBP</td>
<td>Diastolic Blood Pressure</td>
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<td>ESR</td>
<td>Erythrocyte Sedimentation Rate</td>
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<td>Gr.</td>
<td>Group</td>
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<td>L%</td>
<td>Lymphocyte Percentage</td>
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<td>HR</td>
<td>Heart Rate</td>
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<td>Min</td>
<td>Minimum</td>
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<td>Max</td>
<td>Maximum</td>
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<td>M%</td>
<td>Monocyte Percentage</td>
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<td>E%</td>
<td>Eosinophil Percentage</td>
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<tr>
<td>N%</td>
<td>Neutrophil Percentage</td>
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<td>df</td>
<td>Degree of Freedom</td>
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<td>Significant</td>
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<tr>
<td>PEI</td>
<td>Physical Efficiency Index</td>
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<td>SBP</td>
<td>Systolic Blood Pressure</td>
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<td>SBJ</td>
<td>Standing Broad Jump</td>
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<td>University Soccer</td>
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<td>University Cricket</td>
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<td>University Kabaddi</td>
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<tr>
<td>SAMT</td>
<td>Sports Achievement Motivation</td>
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<tr>
<td>SD</td>
<td>Standard Deviation</td>
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