The following questions correspond to your personal involvement with your team or sports group, as well as your perceptions about the team or sports group as a whole. Please bubble in one of the numbers from 1 (Very Strongly Disagree) to 9 (Very Strongly Agree).

 **1 2 3 4 5 6 7 8 9**

**Very Neither Very**

**Strongly Agree nor Strongly**

**Disagree Disagree Agree**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. I like the amount of physical activity I get in this program. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 2. This physical activity group provides me with a good opportunity to improve in areas of fitness I consider important. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 3. I am happy with the intensity of this physical activity program. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 4. I like the program of physical activities done in this group.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 5. I enjoy new exercises done in this physical activity group.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 6. This physical activity group provides me with good opportunities to improve my personal fitness.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 7. This physical activity group is an important social unit for me.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 8. I enjoy my social interactions within this physical activity group. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 9. I like meeting the people who come to this physical activity group.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10. If this program was to end, I would miss my contact with the other participants. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 11. In terms of the social experiences in my life, this physical activity group is very important to me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 12. The social interactions I have in this physical activity group are important to me.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 13. Our group is united in its beliefs about the benefits of the physical activities offered in this program.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 14. Our group is in agreement about the program of physical activities that should be offered. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 15. Members of our group are satisfied with the intensity of the physical activity in this program.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 16. Members of our group enjoy helping if work needs to be done to prepare for the activity sessions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 17. We encourage each other in order to get the most out of the program. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 18. Members of our physical activity group often socialize during exercise time.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 19. Members of our physical activity group would likely spend time together if the program were to end.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 20. Members of our group sometimes socialize together outside of activity time.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 21. We spend time socializing with each other before and after our activity sessions.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |