Self-Efficacy for Distance Walking

Using the scale provided, please indicate how confident you are that you can carry out each of the following activities.

I believe that I can walk or jog . . .

1. 0.25 mile (1 lap of a track) in 4 minute	∋s.
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0	10	20	30	40	50	60	70	80	90	100	
Not at all Confident				Mode	Moderately Confident				Highly Confident		
2. 0	.5 mile (2 la	ıps) in 8 mi	nutes.								
0	10	20	30	40	50	60	70	80	90	100	
Not at all Confident			Mode	rately Con	fident	Highly Confident					
3. 0	.75 mile (3	laps) in 12	minutes.								
0	10	20	30	40	50	60	70	80	90	100	
Not a	t all Confid	ent		Mode	rately Con	fident			Highly Co	onfident	
4. 1	mile (4 laps	s) in 16 mir	nutes.								
0	10	20	30	40	50	60	70	80	90	100	
Not at all Confident				Mode	Moderately Confident				Highly Confident		
5. 1.	.25 miles (5	laps) in 20) minutes.								
0	10	20	30	40	50	60	70	80	90	100	
Not at all Confident				Mode	rately Con	fident			Highly Co	onfident	
6. 1.	.5 miles (6 l	aps) in 24	minutes.								
0	10	20	30	40	50	60	70	80	90	100	
Not at all Confident				Mode	Moderately Confident				Highly Confident		
	.75 miles (7										
0	10	20	30	40	50	60	70	80	90	100	
Not at all Confident				Mode	Moderately Confident				Highly Confident		

(continued)

3. 2	miles (8 lap	os) in 32 m	inutes.							
	10	20	30	40	50	60	70	80	90	100
lot at all Confident			Mode	Moderately Confident				Highly Confident		

Self-Efficacy for Distance Walking (continued)
Scoring Information
Self-efficacy for distance walking is a measure of participants' beliefs in their physical capability to complete incremental quarter-mile distances within 4-minute intervals. For each item, participants indicate their confidence to execute the behavior on a 100-point percentage scale composed of 10-point increments ranging from 0% (not at all confident) to 100% (highly confident). Total strength for each measure of self-efficacy is then calculated by summing the confidence ratings and dividing by the total number of items in the scale, resulting in a maximum possible efficacy score of 100.
From G. Tenenbaum, R. Eklund, and A. Kamata, 2012, Measurement in sport and exercise psychology web resource (Champaign, IL: Human Kinetics). Based on E. McAuley, K.S. Courneya, and J. Lettunich, 1991, "Effects of acute and long-term exercise on self-efficacy responses in sedentary, middle-aged males and females," The Gerontologist, 31(4), 534.