

Task and Ego Orientation in Sport Questionnaire

The Task and Ego Orientation in Sport Questionnaire (TEOSQ) can be used to assess whether an individual defines success in a sporting context as task oriented or ego oriented.

Required Resources

To take this test, you will need the following:

1. Copy of the questionnaire (see the following table)
2. Assistant

How to Conduct the Test

The assistant explains the test protocol to the athlete:

Consider the statement "I feel most successful in sport when . . ." and read each of the questions on the questionnaire and indicate how much you agree with each statement by entering an appropriate score:

1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree

The athlete completes the questionnaire. There is no time limit.

The assistant determines and records the athlete's TEOSQ scores.

Questionnaire

I feel most successful in sport when . . .

Question	Score
I am the only one who can do the play or skill.	
I learn a new skill and it makes me want to practice more.	
I can do better than my friends.	
I learn something that is fun to do.	
Others mess up but I do not.	
I learn a new skill by trying hard.	
I work really hard.	
I score the most points, goals, or hits.	
something I learn makes me want to practice more.	
I am the best.	
a skill I learn really feels right.	
I do my very best.	

0 (zero) is treated as 1 and a value above 5 is treated as 5.

Ego orientation: _____ (1 = low, 5 = high)

Task orientation: _____ (1 = low, 5 = high)

NA = You did not enter a number as a score

(continued)

Task and Ego Orientation in Sport Questionnaire *(continued)*

Analysis

Analysis of the result occurs by comparing it with the results of previous tests. It is expected that, with appropriate training between each test, the analysis would indicate an improvement.

Target Group

This test is suitable for anyone but not for those who have contraindications.

Reliability

Test reliability refers to the degree to which a test is consistent and stable in measuring what it is intended to measure. Reliability will depend on how strictly the test is conducted and the individual's level of motivation to perform the test.

Validity

Test validity refers to the degree to which the test actually measures what it claims to measure and the extent to which inferences, conclusions, and decisions made on the basis of test scores are appropriate and meaningful. This test provides a means of monitoring the effect of training on the athlete's physical development.