

■ Table 26.1 ■

**Instruments Used to Measure Exercise Motivation
Developed Within Self-Determination Theory
and the Hierarchical Model of Intrinsic and Extrinsic Motivation**

Variable or concept	Instrument	Dimension	Source	Website
Fitness, appearance, competence and challenge, enjoyment, social motives	Motivation for Physical Activity Measure-Revised (MPAM-R)	Extrinsic and intrinsic motivation	Ryan, Frederick-Recascino, Lepes, Rubio, & Sheldon (1997)	www.psych.rochester.edu/SDT/measures/mpam_description.php
Stress management, revitalization, enjoyment, challenge, social recognition, affiliation, competition, health pressures, ill-health avoidance, positive health, weight management, appearance, strength and endurance, and nimbleness	Exercise Motivation Inventory-2 (EMI-2)	Extrinsic and intrinsic motivation	Markland & Ingledew (1997)	http://pages.bangor.ac.uk/~pes004/exercise_motivation/emi-2.htm
External, introjected, identified, and intrinsic regulation	Behavioral Regulation in Exercise Questionnaire (BREQ)	Extrinsic and intrinsic motivation	Mullan, Markland, & Ingledew (1997)	http://pages.bangor.ac.uk/~pes004/exercise_motivation/breq/breq.htm
Amotivation and external, introjected, identified, and intrinsic regulation	Behavioral Regulation in Exercise Questionnaire-2 (BREQ-2)	Amotivation and extrinsic and intrinsic motivation	Markland & Tobin (2004)	http://pages.bangor.ac.uk/~pes004/exercise_motivation/breq/breq.htm
Amotivation; external, introjected, identified, and integrated regulations; and intrinsic motivation to know, to experience sensations, to learn, and to accomplish	Exercise Motivation Scale (EMS)	Amotivation and extrinsic and intrinsic motivation	Li (1999)	None