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Measures Assessing Physical Self-Concept

Variable or concept	Measure	Dimension	Source
Self-perceptions of physical fitness as a component of global self-esteem and interest in vigorous physical activity	Physical Estimation and Attraction Scale (PEAS)	Physical estimation and attraction	Sonstroem (1978, 1997)
Multidimensional perspectives of the physical self	Children and Youth Physical Self-Perception Profile (CY-PSPP)	Perceived sport competence, perceived bodily attractiveness, perceived physical strength and muscular development, perceived level of physical conditioning and exercise, and physical self-worth	Eklund, Whitehead, & Welk (1997); Welk & Eklund (2005); Whitehead (1995)
Multidimensional perspectives of the physical self	Physical Self-Perception Profile (PSPP)	Perceived sport competence, perceived bodily attractiveness, perceived physical strength and muscular development, perceived level of physical conditioning and exercise, and physical self-worth	Fox & Corbin (1989)
Self-perceptions of physical well-being	Richards Physical Self-Concept Scale (RPSCS)	Body build, appearance, health, physical competence, strength, action, and satisfaction	Richards (1988); Marsh, Richards, Johnson, Roche, and Tremayne (1994)
Multidimensional, hierarchical PSC	Physical Self-Description Questionnaire (PSDQ)	Strength, body fat, activity, endurance and fitness, sport competence, coordination, health, appearance, flexibility, global PSC, and global esteem	Marsh et al. (1994); Marsh (1997, 2002)
	Physical Self-Description Questionnaire short form (PSDQ-S)		Marsh, Martin, & Jackson (2010)
	Physical Self-Inventory (PSI)		Maïano et al. (2008); Ninot, Delignières, & Fortes (2000)
Self-concept in elite athletes	Elite Athlete Self-Description Questionnaire (EASDQ)	Skill level, body suitability, aerobic fitness, anaerobic fitness, mental competence, and performance	Marsh, Hey, Johnson, & Perry (1997)