

## Badminton Questionnaire items

### Demographics

Do you currently participate in badminton? Yes No

How old are you?

How do you identify? Male Female Other

How many years did you participate in badminton? \_\_\_\_ years

Is your main badminton coach? Man Woman Other

### Motivation

Select the number that most applies to how you feel.

1 = not at all true, 4 = Somewhat true, 7 = Very true

Because it's fun

Because I value the benefits of badminton

Because I would feel ashamed if I quit

Because I feel pressure from other people to play

### Physical self-concept

Please indicate your agreement with the following statements:

1 = false; 2 = Mostly false; 3 = More false than true; 4 More true than false; 5 = Mostly true; 6 = true

I often do exercise or activities that make me breathe hard

I do physically active things (e.g. jog, dance, bicycle, aerobics, gym, swim) at least three times per week

I do lots of sports, dance, gym, or other physical activities

I do sports, exercise, dance or other physical activities almost every day

I have a nice looking face

I am better looking than most of my friends

I am good looking

My waist is too large

I have too much fat on my body

I am overweight

I can run a long way without stopping

I can be physically active for a long period of time without getting tired

I am good at endurance activities e.g. distance running, aerobics, swimming, cross-country, skiing

Physically, I am happy with myself

Physically, I feel good about myself

I'm good at all sport

I have good sport skills

I play sports well

### Social identity

Please click a number from 1 to 7 to indicate your agreement with each of the statements.

*1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = Neither Agree nor Disagree; 5 = Slightly Agree; 6 = Agree; 7 = Strongly Agree*

I feel strong ties to other members in this team	
I find it easy to form a bond with other members in this team	
I feel a sense of being “connected” with other members in this team	
Overall, being a team member has a lot to do with how I feel about myself	
In general, being a team member is an important part of my self-image	
The fact that I am a team member often enters my mind	
In general, I’m glad to be a team member	
I feel good about being a team member	
Generally, I feel good when I think about myself as a team member	