

EASDQ[®]

Elite Athlete Self Description Questionnaire

FACTORS

FACTOR	DESCRIPTION
Skill	Perceived ability level in best sport/event
Body	Perception of suitability of body with regards to competing in best sport/event
Aerobic	Perceived ability to compete in sports/events requiring endurance and stamina
Anaerobic	Perceived ability to compete in sports/events requiring short bursts of high-intensity activity
Mental	Perceived mental strength and readiness for sporting competition
Overall Performance	Perceived ability to produce a peak performance in competition