

PSDQ[®]

Physical Self-Description Questionnaire

PSDQ FACTORS

FACTOR	DESCRIPTION
Strength	Perceived physical strength
Body Fat	Perceived body fat
Physical Activity	Levels of physical activity in which one has engaged
Endurance/Fitness	Perceived physical endurance/fitness
Sport Competence	Perceptions of one's own sporting ability
Coordination	Perceived physical coordination
Health	Perceptions of one's own physical health
Appearance	Perceptions of own physical appearance
Flexibility	Perceived physical flexibility
General Physical Self-Concept	Global physical self-concept
Self-Esteem	Global self-esteem