Description of Perceived Physical Literacy Instrument: Sense of Self and Self-Confidence

|  |  |
| --- | --- |
| Function | Exercise attitude, exercise interest, self-confidence |
| Relevance | Physical health, exercise confidence, positive emotions |
| Target | Services for young people |
| Respondent | Youth |
| Feature | 3 items in 5-point rating scale |
| Reliability | .84 |
| References | Li, M. (2017). *Exploring the Strength of Physical Literacy on Coaching Efficacy and Perceived Leadership Behavior in Hong Kong Secondary Schools* (Master dissertation, The Chinese University of Hong Kong). |

Scoring of Perceived Physical Literacy Instrument: Sense of Self and Self-Confidence

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Response | Strongly Disagree | Disagree | No Comment / Neutral | Agree | Strongly Agree |
| Score for Items 1-3 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation  |
| 30-70 | Some concern for intervention |
| 0-30 | Great concern for intervention |