

## Value of Physical Effort (VoPE) Scale

English Version

### Reference:

Bieleke, M., Stähler, J., Wolff, W., & Schüler, J. (2025). Development and validation of the Value of Physical Effort (VoPE) scale. *Collabra: Psychology*, 11(1), 140736.  
<https://doi.org/10.1525/collabra.140736>

### Note:

Participants can answer the question on a 5- or 7-point Likert scale (from *strongly disagree* to *strongly agree*).

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The following statements pertain to sports activities that are physically effortful. The term physical effort refers to your perception of how hard, difficult, and demanding sports activities are. Please read each statement and indicate how much it applies to you in general.

1. I greatly enjoy sports activities that require physical effort.
2. I prefer physically effortful sports activities to those that can be done without much effort.
3. The notion of physically exerting myself in sports appeals to me.
4. I enjoy physically exerting myself in a sports activity even when it will have no effect on the result.