

Wisconsin Sport Specialization Questionnaire (WISSQ)



Note: The WISSQ items are intended for use with high school aged athletes (14-18 years).

Are the following questions true for you?

	Yes	Sometimes	No
In the past 12 months, I have participated regularly in more than one organized sport.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have quit or limited participation in other sports to focus on a single sport.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I participate on multiple teams in the same sport at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I participate in multiple different sports at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I only participate in one sport so I can focus more on this sport.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I play one sport for most of the year.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have private coaching to help me get better at my sport.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How much do the following statements sound like you?

	Not at all like me	A little like me	Somewhat like me	Quite a bit like me	A lot like me
I have a main sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I focus my training on a single sport because I want to be the best at that sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I play certain sports because others think I'm really good at those sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I play the sport(s) that I love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family tells me I should only play one sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coaches tell me I should only play one sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I only enjoy playing one sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I only play other sports because they help me get better at the sport I love the most	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe playing other sports besides my main sport is a waste of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I play specific sport(s) because I want to become a college or professional athlete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My primary goal for participating in my sport(s) is to play at the highest possible level in that sport that I can	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The most important part about playing sport(s) is to get better at them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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How much do the following statements sound like you?

	Not at all like me	A little like me	Somewhat like me	Quite a bit like me	A lot like me
Participation in my sport(s) makes it harder for me to keep up with my schoolwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participation in my sport(s) takes time away from participating in school activities and clubs I would like to be involved in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participation in my sport(s) takes time away from community activities and events I would like to be involved in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participation in my sport(s) takes away from desired social time with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participation in my sport(s) forces my family to schedule other activities and obligations around my sporting events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participation in my sport(s) takes time away from jobs or other opportunities to make money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



For more information on the WISSQ, please visit:
<https://sportspecialization.wisc.edu>.