

# Psychometric Properties of the Commitment to Physical Activity Scale

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**Objective:** To assess psychometric properties of the Commitment to Physical Activity Scale (CPAS).

**Methods:** Girls in third to fifth grades (n=932) completed the CPAS before and after a physical activity intervention. Psychometric measures included internal consistency, factor analysis, and concurrent validity. **Results:** Three CPAS factors emerged: values, attitudes, and motivation, with reliability coefficients rang-

ing from .429 to .821. Significant correlations existed between subscales and physical activity frequency. **Conclusions:** The CPAS was reliable and valid and in a sample of third-to fifth-grade girls. Findings support using the CPAS for measuring overall commitment to physical activity in girls.

**Key words:** physical activity, psychosocial health, preadolescent and adolescent females

*Am J Health Behav.* 2009;33(4):425-434

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