
Given that a rationale for involving children in fitness testing has been to motivate them, this study examined the relationship between dispositional achievement goal orientations and intrinsic motivation following a health-related physical fitness testing session. Students aged 11-15 years completed the Task and Ego Orientation in Sport Questionnaire. They then participated in the 20m Progressive Shuttle Run test, purportedly a test of aerobic fitness. The children then completed a modified version of the Intrinsic Motivation Inventory (IMI) and items measuring perceived success in the run. Students were classified in terms of their goal orientations and were placed in one of four groups: low in both task and ego, high ego/low task, high task/low ego, and high in both task and ego. A goal group by perceived success MANOVA was used for analyses with IMI subscales as dependent variables. When students were classified into 'high' and 'low' groups based on their run performance, differences in intrinsic motivation between goal orientation groups were found. For those in the lower performance group, perceived success and goal orientations had independent effects on intrinsic motivation. For those in the higher performance group, perceived success and goals interacted to influence intrinsic motivation. It is concluded that children have different motivational reactions to fitness testing depending on their goal profile, performance and perceived success.