
The aims of this investigation were to test the factor structure and the psychometric properties of the Exercise Objectives Locus of Control (EOLOC) scale in order to adapt it for use with Greek populations, and to examine its relationship with self-esteem. A total of 96 women, 18-40 years of age, participating in physical fitness programs, took part in this study. The factor analysis of the EOLOC scale explained 58.5% of the variance, considered satisfactory, and high reliability scores were revealed in the final form of the scale. The results also showed a positive relationship between self-esteem and EOLOC Internal subscale, and negative relationships between Self Esteem and EOLOC External and Chance subscales. These findings suggest that persons with positive attitudes toward the Self are those who believe they are able to control the exercise outcomes. The results are discussed in relation to the usefulness of the Exercise Objectives Locus of Control scale as a specific Locus of Control measure in physical activity.