

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

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Module: Introduction to Sport and Exercise Psychology

Module Code: SHSS4086

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.										
What do you consider to be the best aspects of this work?	Nothing really in this one didn't really understand the essay at all									
Which aspects do you consider could have been improved in this piece of work?	All of it. Struggled to understand what was required with it.									
What have you found most satisfying whilst undertaking this submission?	Nothing on this one it was a case of do what I could and see what happens.									
ASSESSMENT CRITERIA	Learning	GRADE								
		Poor < 20%	Weak 20-29%	Unsatisfactory 30-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 84%	Exceptional 85– 100%	%
1. Introduction: Review of relevant literature relating to motives for taking part in sport. (approx. 500 words)	1,2									30%
2. Method: Outline the participants, procedures and design of the study (approx. 200 words)	1,2									15%
2. Results: Descriptive statistics, use of tables, figures and associated narrative (approx. 250 words)	1,2									25%
3. Discussion: Discussion of your findings in light of previous research & Practical implications. Use of appropriate resources (approx. 550 words)	1,2									30%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .										

TUTOR COMMENTS:**Submission date: 24/4/20
via Turnitin****Return date:
(at least within 4 weeks)****Tutor: Alison Connaughton****Mark:**

Gary Howells SHSS4086

In this essay we are looking at motives for physical activity. Despite the information available of the benefits of an active lifestyle the lack of physical activity is still a health concern within the United Kingdom. The problem with this is understanding the motivation for Physical activity. Although sport participation is good we need look closer at exercise behavior to enhance motivation towards physical activity. There is a lot of data and research out there on this. Some of which we are looking at in this essay are the motives and changes to physical activity due to age, gender and the intensity of physical activity. We looked at a range of athletes to understand their motives for physical activity. The results showed that athletes were more likely to report intrinsic motives, such as challenge and enjoyment for playing sport. Where motivation for exercise were more extrinsic. The concerns were on appearance and weight, stress management played a big part here. In the majority motivation in people is often seen as two types. Either intrinsic motivation or extrinsic motivation Most people often do have both states but one state dominates the other. (Aaltonen S, 2020) aimed to examine motives for physical activity in older men and women. Thinking of different physical activity levels as well as whether genetic and/or environmental factors explain those motives. (Molanorouzi, Khoo and Morris, 2015) studies show that in recent years, there has been a decline in physical activity among adults. This is believed to be the result of lack of motivation in towards physical activity. This study could find out and suggest whether motives for participation could accurately discriminate against age, gender, or the physical activity type. It's been shown that the benefits from physical activity can be psychological and physical. Although it's been proven that health reasons are not the only reason for physical activity participation. Related motives to sport participation such as

competition, appearance, excitement and lots of other reason. (Koivula, 1999) research show that Several differences between groups of individuals were found regarding motives for participating, actual participation and the relationship between the motives given and the actual participating time. Some of these differences might possibly be explained by the social construction of male-female relations that work to maintain, strengthen and naturalize gender differences. (Clough, Shepherd and Maughan, 1989) research on runners shows the motives for taking part in recreational running were analytic techniques showed there to be six motivational categories underlying a runner. (Clough, Shepherd and Maughan, 1989) go on to state that involvement in his or her sport: (1) Well Being (2) Social (3) Challenge (4) Status (5) Fitness/Health and (6) Addiction. The first four of these motives are similar in content to those previously identified as being central to a wide range of physical activities. Although with the growing popularity of marathon running this has led many to speculate about the motives of these athletes. Lots of athletes put hours of dedicated training in for Marathon preparation. Alongside this what motivates an athlete to do an Ironman? Some of these athletes put 4-6 hours a day into their training. (Masters, Ogles and Jolton, 1993) research on marathon running reports the development of an instrument to assess the motives of marathon runners. The Motivations of Marathoners Scales (MOMS) contains 56 items distributed across nine scales. Content areas covered included health orientation, weight concern, self-esteem, life meaning, psychological coping, affiliation, recognition, competition, and personal goal achievement.

The method for the research and procedures for this were gathered as a group of Runners, Football players and Rugby players for the first report and a group that do Gym based exercise for the second report. A questionnaire was conducted on the topic of the motives for physical activity (Running, Football, Rugby & Gym). Please see Fig 1. There were no age or gender specifically picked for this the questionnaire was given out to whoever was at the activity at the time so that no gender or age could come into question. This questionnaire was designed in such a way to extract the following information. Amotivation, External Regulation, Introjected regulation, Identified regulation, Integrated regulation and Intrinsic regulation. Was the motivation?? Intrinsic motivation i.e. for pleasure, interest and enjoyment or Extrinsic motivation i.e. for rewards and prizes and Health & fitness. Was it for weight loss a challenge,

Psychological benefits, Enjoyment or just Social factors. Also to discover on how they feel when they do exercise and how they felt post exercise. The questionnaire was made up in such a way where the subjects circled an answer between 0 & 4. 0 being not true to 4 being very true and also had the option for somewhere in the middle. The questions all designed so that the score at the numbers circled would give a score at the end. The subjects were assured that the data wouldn't go any further so they could be as honest as they could without the worry of the data being shared with the following disclaimer.

“please see Fig 1 on the appendix page. We are interested in the reasons underlying peoples’ decisions to engage or not engage in physical exercise. Using the scale below, please indicate to what extent each of the following items is true for you. Please note that there are no right or wrong answers and no trick questions. We simply want to know how you personally feel about exercise. Your responses will be held in confidence and only used for our research purposes”. As seen in the tables below the motives for taking part in physical activity the both came out on the higher end of the scale. Showing that in this particular group of athletes the motives were. Introjected regulation, Identified regulation, Integrated regulation and Intrinsic regulation. The sex, and age were widely spread over 28 subjects. This shows that the subjects questioned here were self-motivated who’s motives for participation in sport were behaviour engaged in to alleviate self-imposed pressure, Behaviour valued & judged important, Integrated regulation Engage out of choice and engaging in the activity for the activity itself.

Table 1

Sport	Amotivation	External Regulation	Introjected Regulation	Identified Regulation	Integrated Regulation	Intrinsic Regulation	M/F	Sport	Age
1	0.00	0.00	9.00	14.00	15.00	15.00	M	Running	38
2	5.00	8.00	8.00	10.00	5.00	9.00	F	Netball	19
3	4.00	4.00	2.00	7.00	6.00	10.00	M	Rugby	21
4	0.00	3.00	10.00	13.00	12.00	12.00	F	Running	24
5	0.00	0.00	7.00	14.00	11.00	12.00	F	Running	45
6	0.00	0.00	12.00	16.00	16.00	13.00	F	Running	52
7	0.00	1.00	16.00	19.00	11.00	10.00	F	Running	34
8	0.00	2.00	14.00	16.00	14.00	15.00	F	Running	36
9	0.00	0.00	9.00	14.00	12.00	8.00	M	Running	39
10	0.00	0.00	1.00	4.00	13.00	14.00	F	Running	49
11	0.00	2.00	14.00	11.00	15.00	10.00	F	Running	29
12	0.00	5.00	7.00	14.00	13.00	12.00	M	Rugby	21
13	3.00	2.00	10.00	13.00	11.00	11.00	F	Running	52
14	3.00	2.00	10.00	13.00	12.00	11.00	F	Running	49
15	0.00	0.00	7.00	14.00	11.00	7.00	F	Running	44
Mean	1.00	1.93	9.07	12.80	11.80	11.27			36.80
Standard Deviation	1.77	2.31	4.11	3.67	3.03	2.37			11.75

Table 2

Gym based exercise	Amotivation	External Regulation	Introjected Regulation	Identified Regulation	Integrated Regulation	Intrinsic Regulation	M/F	Sport	Age
1	0.00	2.00	9.00	15.00	16.00	16.00	M	Gym	28
2	0.00	1.00	10.00	12.00	6.00	14.00	M	Gym	27
3	0.00	0.00	16.00	14.00	16.00	11.00	M	Gym	35
4	0.00	0.00	5.00	15.00	11.00	13.00	F	Gym	42
5	0.00	4.00	2.00	11.00	9.00	10.00	M	Gym	19
6	0.00	0.00	10.00	9.00	9.00	14.00	M	Gym	20
7	0.00	3.00	14.00	15.00	14.00	15.00	M	Gym	19
8	0.00	0.00	9.00	15.00	15.00	16.00	M	Gym	23
9	2.00	5.00	8.00	11.00	12.00	14.00	M	Gym	24
10	4.00	4.00	12.00	10.00	12.00	13.00	M	Gym	20
11	3.00	1.00	12.00	7.00	12.00	11.00	M	Gym	28
12	1.00	1.00	12.00	11.00	12.00	9.00	F	Gym	30
13	0.00	1.00	14.00	12.00	15.00	15.00	M	Gym	19
Mean	0.77	1.69	10.23	12.08	12.23	13.15			25.69
Standard Deviation	1.36	1.75	3.81	2.60	3.00	2.27			7.03

This study has Recognised some factors in explaining poor motivation and the positive factors that lead people to do sport. It has identified and understood people's motives for physical activity (more than one reason, competing motives, unique motives, motives change) (Aaltonen S, 2020) research shows regular physical activity is vitally important for the health and well-being of individuals of all ages. Research has shown that Physical activity is a key factor in reducing the risk of numerous diseases including type 2 diabetes, cardiovascular diseases, hypertension, and depression this can also help in reducing the morbidity and mortality of these chronic conditions. This alone is a major reason for identifying the motives for physical activity alone. Also looked at were different types of motivation such as, External regulation, behaviour is regulated through external means (e.g. rewards or threats). Interjected regulation, behaviour engaged in to alleviate self-imposed pressure (e.g., guilt, anxiety, embarrassment or to gain pride). Identified regulation, behaviour valued & judged important (some free choice) (e.g.,

exercising to stay fit). Integrated regulation, engage out of choice, but choices of behaviour made as a function of coherence with other aspects of self (i.e., this symbolises who I am). Intrinsic regulation, engage in the activity for the activity itself. (e.g. social and aesthetic experience). (Molanorouzi, Khoo and Morris, 2015) findings in this study suggest that strong and important motives for participation in physical activity are different across type of activity, age, and gender in adults. Understanding the motives that influence physical activity participation is critical for developing interventions to promote higher levels of involvement. These findings suggest that motives for sport based exercise is more desirable than that for exercise. Within this essay its shown that the people looked upon had positive motives for physical activity. Although this is a positive outcome more can be done within sports organizations to look at other groups and what can be done to get other groups, ages and sex more involved and motivated towards there chosen sport.

Word count 1353

Fig 1

https://moodle.uwtsd.ac.uk/pluginfile.php/349192/mod_folder/content/0/breq-3.pdf?forcedownload=1

Aaltonen S, e., 2020. *Motives For Physical Activity In Older Men And Women: A Twin Study Using Accelerometer-Measured Physical Activity*. - Pubmed - NCBI. [online] Ncbi.nlm.nih.gov. Available at: <<https://www.ncbi.nlm.nih.gov/pubmed/32259351>> [Accessed 16 April 2020].

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