

Motivation in Physical Activity

(BMPE7003)

Module Introduction

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Outline

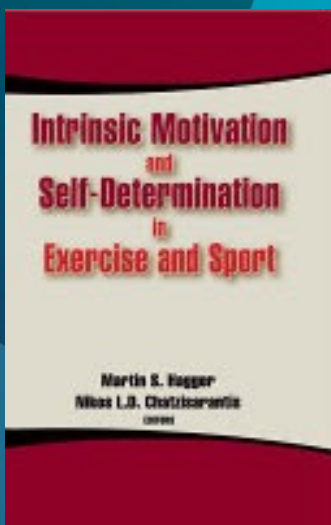
- Introduction
- Module outline & structure
- Assessments



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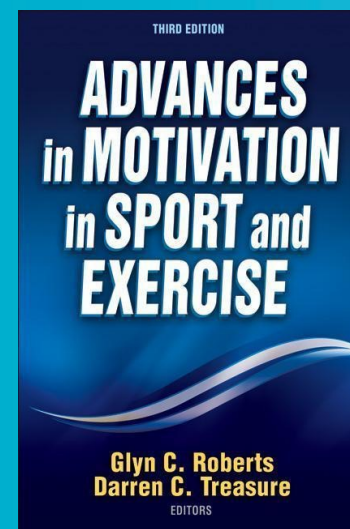
Key Readers



Intrinsic motivation and self-determination in exercise and sport

Martin S. Hagger
author. Nikos Chatzisarantis.
Champaign, Illinois : Human
Kinetics (2007)

E-book & in library



Advances in motivation in sport and exercise.

Glyn C. Roberts
3rd ed. / Glyn C. Roberts
and Darren
Treasure. Leeds : Human
Kinetics (2012)

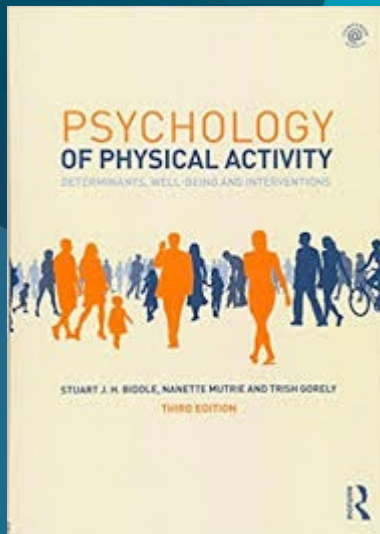
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Key Readers



**Psychology of Physical
Activity: Determinants,
Well-Being and
Interventions**

Nanette Mutrie, Stuart Biddle
and Trish Gorley. Abingdon,
Oxon: Routledge (2016)

E-book & in library

Useful Journals

- Journal of Sport & Exercise Psychology
- Psychology of Sport & Exercise
- Journal of Physical Activity and Health
- Health Psychology Review

Assessments

- Educational Resource and Presentation
- Essay



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Module Structure

- Contact weekends
- Online asynchronous content reviewed fortnightly
- Email support
- Discussion Forums



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Let's get started!



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What is Motivation?

& Why Study it in Relation to Physical Activity



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Motivation

What is Motivation?

- Motivation means “to move”
- What moves people to act, think, and develop (Deci & Ryan, 2000)
- Drives direction & intensity of effort (Weinberg & Gould, 2015)
- “Process that influences the initiation, direction, magnitude, perseverance, continuation, and quality of goal-directed behaviour” (Maehr & Zusho, 2009)





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Why study
Motivation &
Physical Activity?

Physical Activity is good for us!

Yet a significant proportion of people do not regularly engage with the necessary amounts required to achieve the associated health benefits

A brief discussion why...

How much should we do?

WHO Global Action Plan for Physical Activity (2018)

Available at:

<https://apps.who.int/iris/bitstream/handle/10665/272722/9789241514187-eng.pdf>

Accessed 30/11/2020



Physical Activity & Related Contexts

- Physical Activity – “any bodily movement produced by skeletal muscles that results in energy expenditure” (Caspersen, Powell & Christenson, 1985).
- Frequency, Intensity, Time, Type
- What are the contexts of physical activity? How do we engage in physical activity?

Physical Activity Related Contexts

- ***Sport*** — “An activity involving physical exertion, skill and/or hand-eye coordination as the primary focus of the activity, with elements of competition where rules and patterns of behaviour governing the activity exist formally through organisations” (Pink, 2008)
- ***Exercise*** — “Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness” (Caspersen et al., 1985)
- ***Physical Education*** — “is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both ‘learning to move’ (i.e. becoming more physically competent) and ‘moving to learn’ (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance” (AfPE, 2016)



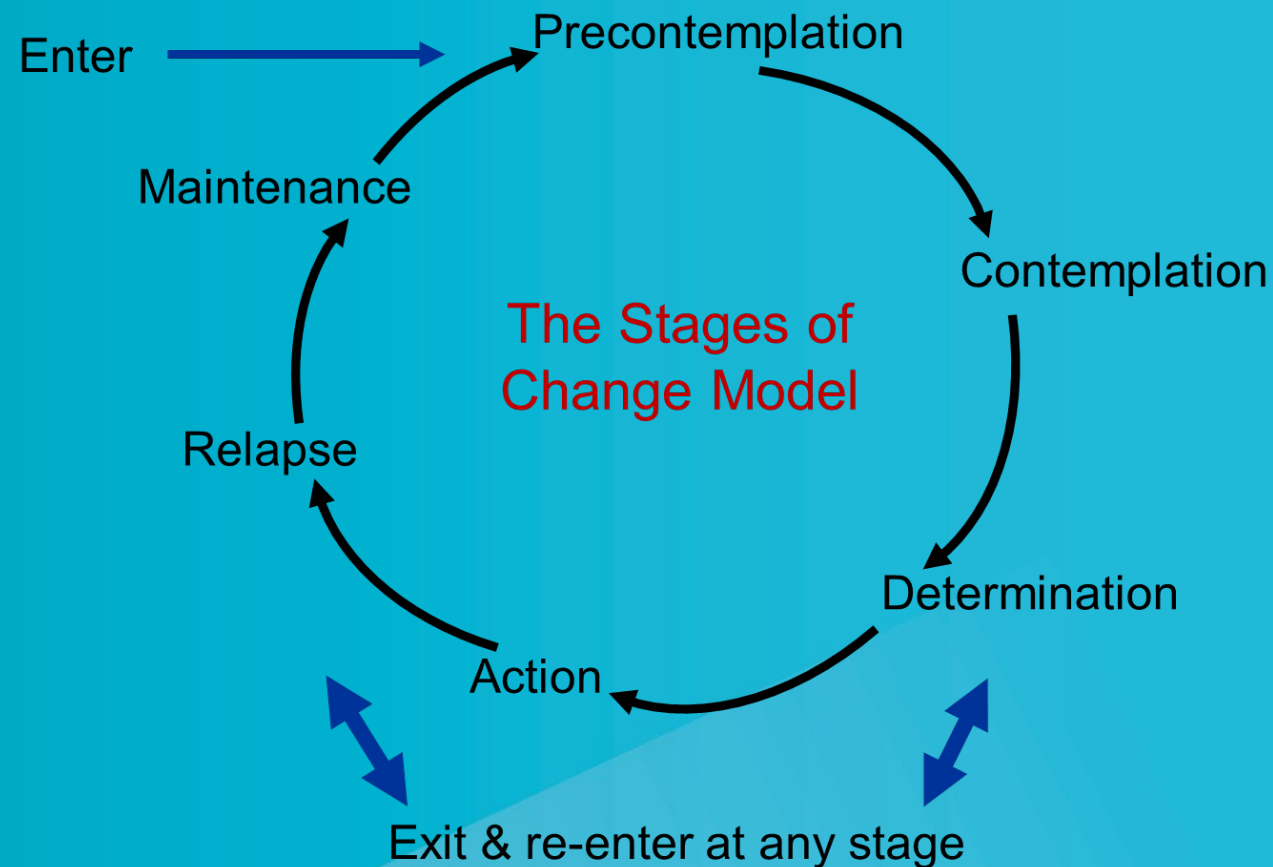
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Physical Activity Related Contexts

- Other forms of physical activity...
 - active travel, play, day to day living, daily chores, work.

Transtheoretical Model





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Motivation & Physical Literacy

“Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

(IPLA, 2017)



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So Why Study Motivation?

- **Why Motivation:**
 - Unique place of psychological theory.
 - Practical importance of motivational science as a core translational and applied discipline (Ryan, 2014).



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Theories of Motivation

Thought Questions?

- What are theories and why are they useful?
- Why bother with theories!?

Theory

- Provide an overview of how different factors operate to explain specific behaviours.
- Operate at level of inferred constructs.
- Psychological variables.
- causal explanations operating at varying levels such as physical/material, cognitive, emotional and social (Ryan, 2014).

Psychological Theory (Ryan & Deci, 2017)

- Organised description and explanation of circumstances
- Afford generalisations and that can address new events, as well as illuminate past ones.
- Provide a common language for investigators allowing them to better anticipate events, and observe, refine, compare and extend understanding and prediction.

Psychological Theory (Ryan & Deci, 2017)

- Help us:
 - select information that is important
 - provide useful principles for practice
- Good theory makes sense of phenomena
 - Allows an understanding of mediating processes – useful for intervention.





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The diagram illustrates a cyclical relationship between theory and practice. It features two large, blue, curved arrows forming a circle. The top arrow points from 'THEORY' to 'PRACTICE', and the bottom arrow points from 'PRACTICE' back to 'THEORY'. The words 'THEORY' and 'PRACTICE' are written in large, bold, blue capital letters in the center of the circle.

THEORY

PRACTICE

Theory to Practice

“Good theory can reliably guide action and intervention”

(Ryan & Deci, 2017)

“Nothing so practical as a good theory”

(Kurt Lewin)

Motivational Theories

- Self-Determination Theory (Ryan & Deci)
- Achievement Goal Theory (Nicholls)
- Theory of Planned Behaviour (Azjen)
- Self Efficacy Theory (Bandura)

References

- Caspersen, C. J., Powell, K. E. & Christenson, G. M. (1985). Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public health reports*, 100(2), pp. 126-131.
- Deci, E.L. and Ryan, R.M (2000) 'The "What" and "Why" of Goal Pursuits: Human Needs and the Self-Determination of Behavior', *Psychological Inquiry*, vol. 11, no. 4, pp. 227–268
- Pink, B (2008). *Defining Sport and Physical Activity, a Conceptual Model*. Canberra, Australia: Australian Bureau of Statistics.
- Ryan, R. (2014). *The Oxford handbook of human motivation*. Oxford: Oxford University Press.
- Weinberg, R. S. and Gould, D. (2015) *Foundations of Sport and Exercise Psychology, Sixth Edition*, Champaign, IL: Human Kinetics