

First Name: _____

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REC1050-19 – Motivation

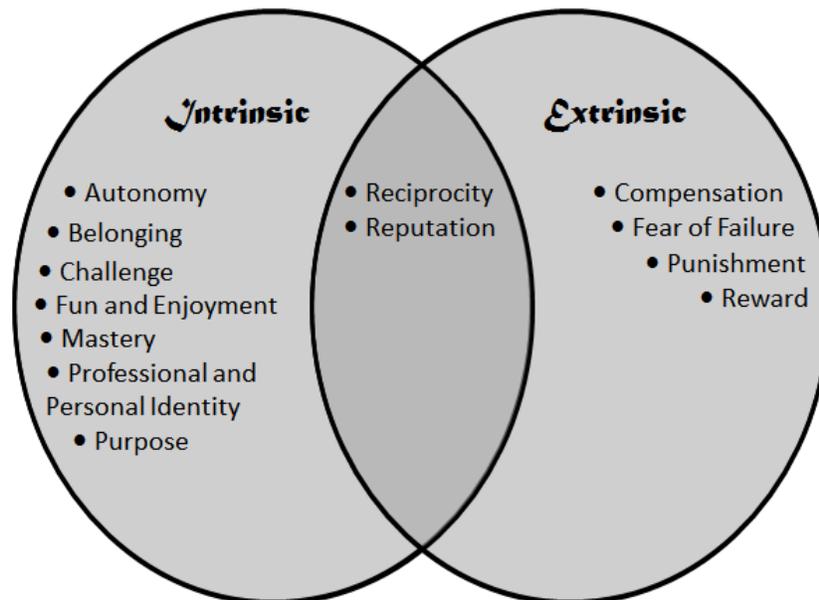
Principles of Motivation

- The environment can be used to focus the student's attention on what needs to be learned.
- Incentives motivate learning.
- Internal motivation is longer lasting than more self-directive than is external motivation.
- Learning is most effective when an individual is ready to learn.
- Motivation is enhanced by the way in which the instructional material is organized.
- Because learning requires changes in belief and behavior, it produces mild levels of anxiety.
- It is important to help students set goals and provide feedback regarding progress.
- Both affiliation and approval are strong motivators.
- Many behaviors result from a combination of motives.

Intrinsic and Extrinsic Factors affecting Motivation

Intrinsic Motivation: Performing an action or behavior because you enjoy the activity itself.

Extrinsic Motivation: Performing an action or behavior for the sake of some external outcome.



As an athlete, you need to understand the driving force behind your participation in sports. Your reasons for playing are personal ones. Most competitive athletes will tell you that they play their sport because they love to compete. They love the fact that they get to measure their skills against other athletes. Whether they play basketball or badminton, the love of competition is what drives them.

The problem with being motivated by outside factors – such as money, or fame, or popularity – is that those things fade over time, and they only motivate you temporarily. External factors can certainly boost

your motivation for short periods of time, but research shows that the single most powerful motivator is the love of the game.

Motivation ebbs and flows, so try not to feel discouraged when you find your motivation isn't where you'd like it to be. Lack of motivation happens to every athlete. Even the best athletes in the world go through periods when their motivation drops. The key is that they address their waning motivation head on. You need to know the common causes for drops in ovation, be able to recognize the warning signs that your motivation is falling, and have some specific strategies to follow to get your motivation back on the rise.

Potential Causes of a Drop in Motivation

Physical Fatigue: You may be physically tired of just plain exhausted. Participating in sports requires tremendous physical exertion on a daily basis for most of the year. If you're run down, and your muscles and body are tired, that drop in energy can be the cause of your dwindling motivation. If you're in the middle of the season, try taking a day off; in the off-season, take off even more time. Give your body a chance to rest, and you may find your motivation increasing.

Lack of Sleep: Are you getting enough sleep? Believe it or not, something as simple as a lack of sleep can cause decreased motivation and performance. Keep track of how many hours of sleep you're getting each night and see how that corresponds to your motivation. You may find that you need a solid eight or nine hours to maintain the high motivation you're after.

Diet: Are you eating right to fuel your body and mind for the exertion your sport requires? Changes in diet, especially an increase in fatty or sugar-filled foods, can dramatically affect mental alertness and motivation levels.

Overall Health: If you're sick – whether with a cold or flu, or because you're iron deficient or experiencing some other ailment – your motivation can decrease. If you're sure you're eating right and getting enough rest, and you've ruled out the other possible causes of waning motivation, make an appointment with your doctor for a checkup.

Confidence: Maybe you're experiencing a crisis of confidence – you're struggling in your belief to perform certain parts of your sport. If so, accept that state of mind, and go back to basics where you can begin to develop confidence in yourself again. Start with very finite and specific skills – this strategy can build confidence, with, in turn, will increase motivation.

Burnout: Because sports typically are year-round and athletes are specializing in one sport earlier in their lives and playing that one sport exclusively, it's natural for them to become bored and disenchanted occasionally. It may be time for you to get away from your sport, even just for a few days. Try playing another sport for a few days – run if you're a swimmer, swim if you're a runner, shoot hoops if you're a tennis player, play golf if you're a basketball player, and so on. Just getting some time away from your sport can help increase your motivation.