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Different motivational theories and how to apply them in PE and sport activities

Giota Lilli
EUROSUCCESS CONSULTING

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INTRODUCTION

Learners, after successfully completing this training module, will be able to:

- promote cooperative relationships between students from diverse backgrounds and students from the mainstream community
- understand the needs of the students coming from various vulnerable backgrounds
- promote fair-play
- gain a complete knowledge on the importance sports bring to vulnerable students' lives
- get to know effective ways in supporting the social inclusion of vulnerable target groups through sports

BRIEF INTRODUCTION TO MOTIVATIONAL THEORIES

Many psychologists have stressed out the importance of motivational theories to examine the human behavior of individuals or groups and understand **the reasons that motives** them to **behave** in certain ways (Knowledge Hut, 2021).

THEORY INTO PRACTICE



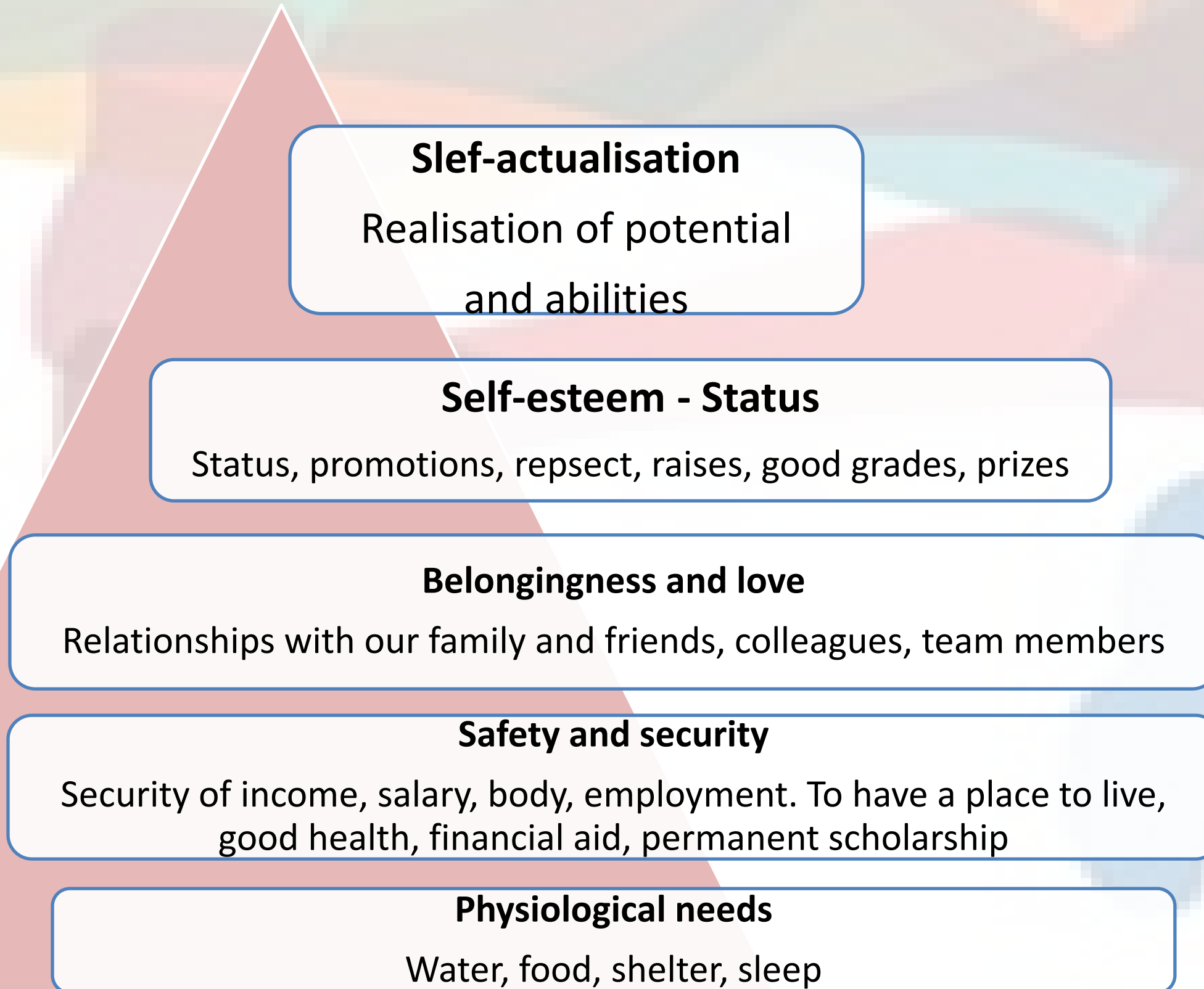
MOTIVATIONAL QUOTES

"Diversity is having a seat on the table, inclusion is having a voice, and belonging is having that voice be heard" (Liz Fosslien)

"People who work together will win, whether it be against complex football defenses, or the problems of modern society"
(Vince Lombardi)

"If we don't change, we don't grow, if we don't grow, aren't really living"
(Gail Sheehy)

MOTIVATIONAL THEORIES AND HOW TO APPLY THEM IN SPORTS



1. Maslow's hierarchy of needs

According to Abraham Maslow, **motivation** is driven by someone's **needs**. The pyramid below, is a characteristic model of motivational theories, where the basic needs are indicated in the **lowest level** and as it moves up to the highest level, we are able to identify the **fulfilled needs**.

2. McClelland's theory of needs

McClelland believes that our behavior depends on our life experiences which are defined through three specific motivation drivers: **achievement, affiliation and power.**

3. McGregor's theory X and theory Y

Douglas McGregor **X Theory (negative)** and the **Y Theory (positive)** indicate that people should be managed based on their nature.

4. Vroom's theory of expectancy

Victor Vroom supported that people will be highly motivated and show productivity only if two conditions are taken into account: **effort** and **rewarding.**

VALUE OF SPORT ACTIVITIES FOR SOCIALLY VULNERABLE YOUTH

Participation in **sports** improves and develops youth' educational **qualifications, skills and competencies**, as it boosts:

- self-esteem
- well-being and mental health
- physical development
- social inclusion
- team building and cooperation
- fair-play
- conflict resolution
- learning and skills development
- positive attitudes

The value of sports in a two
minutes video!
Watch it [here!](#)

THE ROLE OF PHYSICAL EDUCATION TEACHERS

PE teachers are directly involved in the physical and mental health of children, since they are responsible for promoting a **healthy and active lifestyle**. In addition, they are responsible to eliminate discriminatory behaviors, promote social inclusion and fair play when it comes to sports participation. To **achieve** this, they must:

- ✓ promote team work among children from vulnerable groups and children from the mainstream community
- ✓ evaluate children's strengths, weaknesses, challenges and needs
- ✓ develop children's interpersonal skills
- ✓ motivate children to be active
- ✓ provide feedback

STRENGTHENING COOPERATION BETWEEN SCHOOLS AND COMMUNITY-BASED ORGANISATIONS

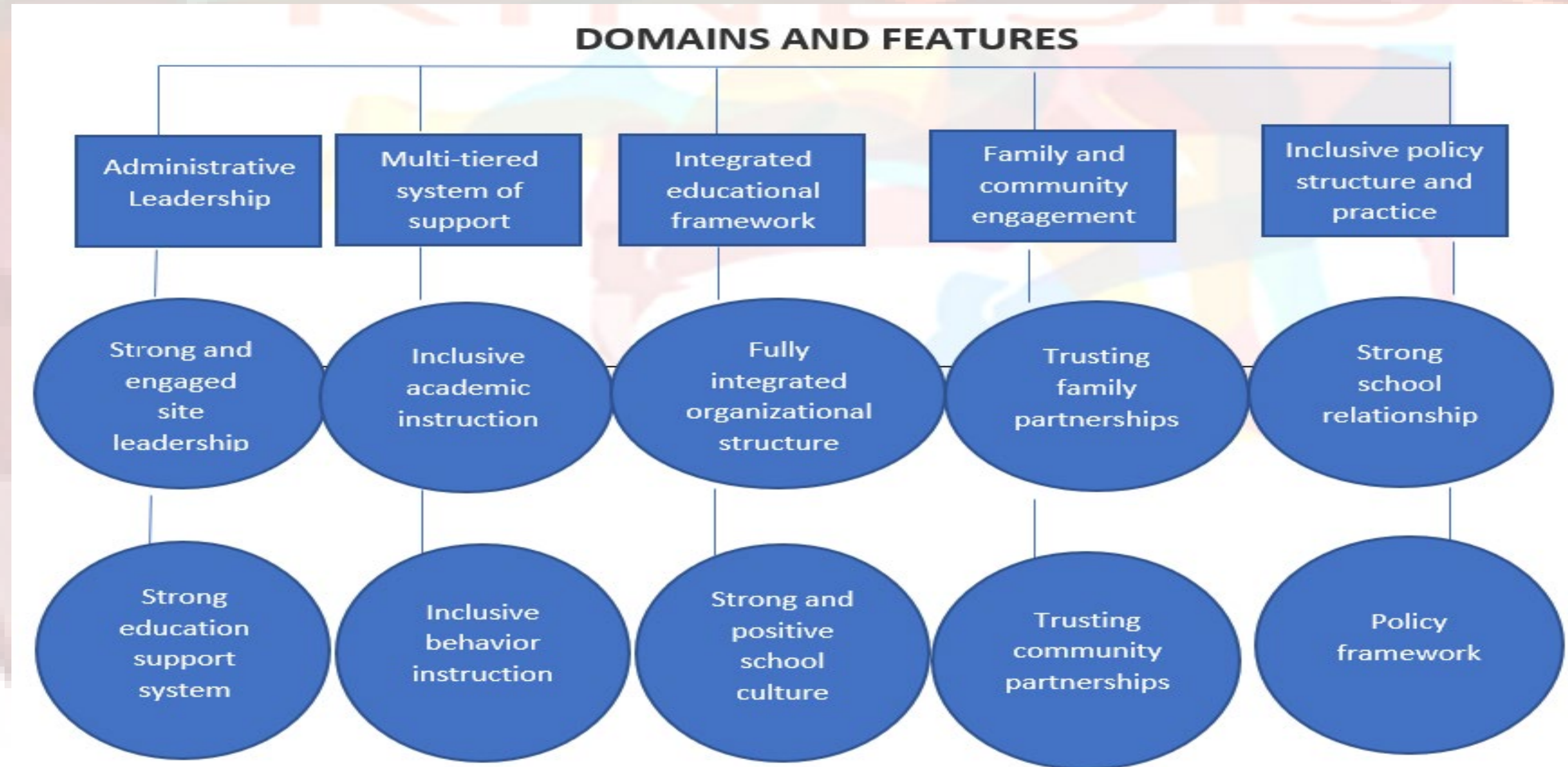


Figure 1: Schoolwide integrated framework for transformation (SWIFT) – Domains and Features

THE ROLE OF PHYSICAL EDUCATION TEACHERS

"Sport is a social and cultural activity that enriches society and friendship between nations, provided that it is practiced legally. Sport is also regarded as an activity which, if exercised fairly, allows the individuals to know themselves better, to express themselves, be accomplished and fully develop themselves, acquire art and demonstrate their capabilities"

(Soares et al., 2016)

ASSESSMENT SCENARIO




READY?



Thank you for your attention!

**Giota Lilli
Project Manager**

Eurosucces Consulting Ltd

3 Makrasykas Str., Karyatides Business Centre (KBC),
Office 202, Strovolos, 2034 - Nicosia – Cyprus
+35722420110  panagiota@eurosc.eu