

«The peculiarities of student motivation for sports»

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Presentation plan

1. Introduction
2. main part: The problem of student motivation for sports
3. Conclusions



INTRODUCTION



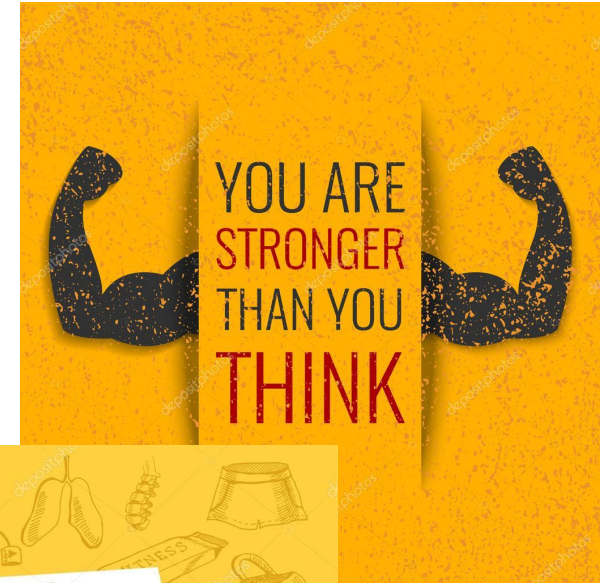
Motivation for physical activity - a special state of personality aimed at achieving an optimal level of physical fitness and performance. The process of formation of interest in physical training and sports is a multi-stage process: from the first elementary hygienic knowledge and skills to deep psychophysiological knowledge of the theory and methods of physical education, and intensive sports activities.



THE PROBLEM OF STUDENT MOTIVATION FOR SPORTS

By its psychological essence, motivation is the desire and motivation that cause human activity and determine the content of its direction. Researchers distinguish three classes of motivation phenomena:

- primary sources of activity** (needs and instincts),
- reasons for choosing the direction of behavior** (the motives themselves);
- regulators of the subject's activity dynamics** (experiences and attitudes).



Motive is also what motivates a living being, for which it spends its vital energy. A motive (as opposed to motivation) is also what belongs to the subject of behavior himself, is his stable personal property that induces him to perform certain actions from within.



The difficulty is that in modern psychology the scope and content of the concept of "motive" has not been clarified and clarified yet.

LET'S START



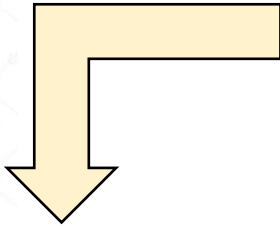
Conclusions



Motivation of sports activities is determined by both internal and external factors that change their importance throughout the sports career.

Train like a
BEAST
look like a
Beauty





At the initial stage (for beginners) the reasons for entering the sport (regardless of the type of activity) may be:

A vertical list of four empty rectangular boxes, each preceded by a small circle, intended for listing reasons for entering the sport.

