NAME:

# Motivation

Give an example of when you performed physical activity just for the sake of performing. Identify some key words for why you did it.

Give an example of performing physical activity for extrinsic reward. What did you receive?

Critically evaluate the use of extrinsic and intrinsic motivation.

**Which is best?**

##### Drive Reduction Theory

**The implication for learning is that when a goal is reached, a new target is required.**

**Motivational drive may also reduce if the practice is too long and repetitive.**

**What measures would the coach take to prevent Drive Reduction?**

# Personality

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Complete the personality questionnaires provided.

The tests used above presumes that personality can be measured, and, once measured, personality can be used to predict behaviour. This is part of the **Trait perspective** of personality.

This theory states that:

This if you like is the **nature** side of the nature – nurture debate

**Social Learning Theory states that:**

Four key aspects of observational learning

1,

2,

3,

4,

# Confidence

Homework questions:

Personality

1. How does knowledge of introverts and extroverts help you decide what to do when planning a session? Why?

|  |  |
| --- | --- |
| Introvert trait | How would I change my session because of this? |
| Tend to be shy and reserved |  |
| Prefer isolation from others |  |
| Become aroused more quickly than extroverts |  |

|  |  |
| --- | --- |
| Extrovert trait | How would I change my session because of this? |
| Affiliate well to other people |  |
| Outgoing and sociable |  |
| Become aroused more slowly than  introverts |  |

1. Why is social learning theory relevant to a leader?
2. How can a leader increase confidence to increase performance?

Motivation

1. How does knowledge of intrinsic and extrinsic motivation affect what a leader does in a session?
2. How can a sports leader maintain motivation in sports performers?