Motivation

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · SL · Vocabulary in context

Word	Example
motivation /ˌməʊtɪˈveɪʃn/	Praise can raise an athlete's **motivation** to train.
intrinsic motivation /ɪnˈtrɪnsɪk ˌməʊtɪˈveɪʃn/	Enjoying the game itself is **intrinsic motivation**.
extrinsic motivation /ekˈstrɪnsɪk ˌməʊtɪˈveɪʃn/	Playing to win a medal shows **extrinsic motivation**.
self-determination theory /self dɪˌtɜːmɪˈneɪʃn ˈθɪəri/	**Self-determination theory** says people need choice, skill and good relationships.
autonomy /ɔːˈtɒnəmi/	**Autonomy** means adults choose their own treatment.
competence	Winning a hard match increases a player's sense of **competence**.
relatedness	Supportive teammates strengthen **relatedness**.
amotivation	With **amotivation**, an athlete sees no reason to take part.
achievement motivation	**Achievement motivation** drives an athlete to seek success and meet challenges.
achievement goal theory	**Achievement goal theory** asks how athletes judge their own success.
task orientation	**Task orientation** judges success through personal improvement.

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ego orientation	**Ego orientation** judges success by doing better than others.
motivational climate	A supportive **motivational climate** rewards effort and learning.
attribution /ətrɪˈbjuːʃn/	An **attribution** is the reason a player gives for success or failure.
self-serving bias /self ˈsɜːvɪŋ ˈbaɪəs/	The **self-serving bias** means we take credit for wins and blame others for losses.
Learned helplessness /lɜːnd ˈhelpləsnəs/	**Learned helplessness** makes an athlete believe that trying is pointless.
attribution retraining	**Attribution retraining** teaches athletes to blame failure on things they can change.
self-efficacy /self ˈefɪkəsi/	**Self-efficacy** is confidence in performing one specific task.
vicarious experience	Watching a similar teammate succeed provides **vicarious experience**.
verbal persuasion	A coach's encouragement is **verbal persuasion**.
exercise adherence	Regular attendance over time shows **exercise adherence**.
transtheoretical model	The **transtheoretical model** describes the stages people go through when they start exercising.

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