

**Course Name -Bachelor of Physical Education**

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## **Lecture Title**

### **Motivation in Physical Education**

#### **Glossary**

- **Initiate:** cause (a process or action) to begin
- **Yoked:** cause (two people or things) to be joined in a close relationship.
- **Truism:** a proposition that states nothing beyond what is implied in any of its terms.
- **Consistent:** acting or done in the same way over time, especially so as to be fair or accurate
- **Self-Concept:** an idea of the self-constructed from the beliefs one holds about oneself and the responses of others
- **Plateau:** a state of little or no change following a period of activity or progress
- **Cognitive:** the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses
- **Outstanding:** exceptionally good
- **Enhance:** intensify, increase, or further improve the quality, value, or extent of
- **Slackened:** reduce or decrease in speed or intensity
- **Spectators:** a person who watches at a show, game, or other event.
- **Reasonable:** having sound judgement; fair and sensible
- **Novelty:** the quality of being new, original, or unusual