

Course Name -Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Motivation

Topic No. - Sec - A (3)

Paper No. - IInd

Lecture No. - 4

Lecture Title

Motivation in Physical Education

Summary

Motivation plays an important role in the sports activities. It is an important component of athletic behavior. One cannot expect peak performance from athletes until they are motivated. Motivation is the driving force behind any activity. Motivation can be intrinsic or extrinsic. It is critical to success in the field of coaching. To be successful as a coach, he requires a thorough understanding of motivation, techniques of motivating the athletes and the factors affecting motivation. A good coach should have the ability to effectively motivate the athletes.