

# Intrinsic Motivation in Sports. Psychological Interventions Tasks

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## Reviews

*Complete guide! Its this kind of very good read through. This is certainly for all who statte there was not a worthy of looking at. I am just quickly will get a delight of looking at a composed publication. (Kacie Carroll)* 

### INTRINSIC MOTIVATION IN SPORTS. PSYCHOLOGICAL INTERVENTIONS TASKS



GRIN Publishing Jan 2016, 2016. sonst. Bücher. Condition: Neu. Neuware - Studienarbeit aus dem Jahr 2013 im Fachbereich Sport - Sportpsychologie, Note: 1,0, University of the Sunshine Coast Queensland (Sports Psychology), Veranstaltung: Sports Psychology, Sprache: Deutsch, Abstract: Term paper about intrinsic motivation and its benefits for ahtletes. The paper compares a range of scientific articles about intrinsic motivation is described as motivation that comes from the inside of an individual without any external influences (Cox, 2007). At the beginning of her golfing career Janet's motivation is highly intrinsic as stated in the case study in lines 7 and 8. This changes due to different factors during her growing up process in life and her game to a form of extrinsic motivation as referred to later on in this paper. This is the main performance issue she has to deal with and the reasons for her motivational shift are going to be pointed out with help of Vallerand & Losier's integrated theory of intrinsic and extrinsic motivation in sport (Cox, 2007). 16 pp. Deutsch.

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