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Autore García-González Luis

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Katrien De Cocker, David González-Cutre

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Altri autori (Persone) De CockerKatrien

González-CutreDavid

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Sommario/riassunto

This book addresses the latest developments in research on motivational processes in the context of physical education and proposes successful strategies that have been scientifically proven to be effective. The book focuses on the motivational process in physical education from the perspective of students and teachers and, subsequently, on the practical applications to develop student motivation. These strategies are based on various frameworks, including the circumplex model, motivational climates, motivational teaching behaviors adapted to physical education, web-based interventions, novelty-support strategies, the use of feedback and the application of model-based practice. This book is useful to researchers and postgraduate students in the field of motivation and physical education, and physical education teachers.