

MODULE GUIDE

Module title	<i>Motivation – understanding and use (School for parents)</i>
Aim of the module	<i>Increasing the knowledge about motivation, its importance and possible strategies to increase it in children.</i>
Learning outcomes	<p><i>Getting an in-depth understanding of motivation</i></p> <ul style="list-style-type: none"> - <i>Definition</i> - <i>Maslow’s hierarchy of needs</i> - <i>Process of motivation</i> - <i>Types of motivation</i> - <i>Observing motivation</i> - <i>Importance of motivation</i> - <i>Increasing motivation</i> - <i>Goal-setting</i>
Learning activities	<p><i>Reasons to be motivated for sport</i> <i>Recognizing an unmotivated child</i> <i>Examples of good practices</i></p>
Assessment activities	<i>Think/Practice!</i>
Further resources	<p><i>Videos</i> <i>Articles</i></p>
Duration	<i>2 hours</i>