



Statement of participation

Michael Frank

has completed the free course including any mandatory tests for:

Motivation and factors affecting motivation

This 5-hour free course explored the term 'motivation', the factors affecting motivation and the most influential theories of motivation.

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This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/health-sports-psychology/motivation-and-factors-affecting-motivation/content-section-0>

COURSE CODE: E113_1

Motivation and factors affecting motivation

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Course summary

This free course explores the term 'motivation' and factors affecting motivation. This includes looking at the most influential theories of motivation that contribute to understanding the causes of motivation. The motivation of sports people and people working in sport and fitness environments are used to help understand the theories presented.

Learning outcomes

By completing this course, the learner should be able to:

- define the term 'motivation'
- appreciate different views of how people are motivated
- apply different theories to an individual's motivation.

Completed study

The learner has completed the following:

Section 1

Motivation

Section 2

Understanding motivation

Section 3

Definitions and dimensions of motivation

Section 4

Theories of motivation

Section 5

Conclusion