

ABSTRACT

MOTIVATION AND SCHOOL PHYSICAL EDUCATION: A MULTIDIMENSIONAL APPROACH

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Considering hypothetically three students with similar aptitudes and potentialities for Physical Education's class, we will be able to observe that one of them can identify himself/herself and accomplish the proposal program, while another one can just fulfill with his/her duty to participate and for a third one the situations that appear in the classes are unpleasant and boring. The motivation differences can explain, in part, differentiated levels of involvements. Although, being important for the learning, motivation rarely receives the significant attention from teachers and researchers. This study searched to examine the importance of the knowledge and intentional application of motivational concepts in its dynamic complex of occurrence. In this perspective, the teacher must not only recognize planning subjects as: methodology, contents, evaluation and objectives, but he must also consider the emotional and motivational dimension of its performance. The present study had the intention to understand the motivation phenomenon in its different aspects, establishing and analyzing the most significant relations between the motivational components and the process of education and learning in Physical Education. Through such study, it was established the intention to provide the necessary knowledge to the construction of a learning environment: a) favorable to the

improvement of the quality of learning opportunities and the students involvements during the activities proposals, and; b) favorable to the creation of positive impressions related to the physical and corporal activities, being able to contribute thus, in the incorporation of these practical to the life of the people. In this way, this study proposed to point didactic orientation compromised with motivational issues, composing useful lines of direction to develop the motivation in Physical Education's classes.

Key words: motivation – motivational climate – learning environment – school physical education