

goal perspective, and attribution, with self-determination at its core. In the integrated theory, social factors and psychological need satisfaction are conceptualized as determinants of motivation. Motivation in turn is predictive of outcomes or consequences of integrated intrinsic and extrinsic motivation. In the model, psychological need satisfaction is hypothesized to mediate the relationship between social factors such as coaching behavior and motivation, while motivation is hypothesized to mediate the relationship between psychological need and outcomes. These predictions and relationships are largely supported by research.

Self-determination and choice are best conceptualized as being on a continuum relative to motivation. The most self-determining or autonomous kind of motivation is intrinsic motivation. Extrinsic motivation may be conceptualized as being completely external in nature and therefore low in self-determination, or it may be conceptualized as being internalized and having increasingly greater levels of self-determination. Embedded within intrinsic motivation is the concept of passion. Two kinds of passion are identified:

Critical Thought Questions

1. How do you think situation-specific self-confidence can be best developed in athletes? Provide a model and a theory.
 2. Do you think that situation-specific self-confidence developed in one sport situation can be transferred to another situation or even to global self-confidence? Explain and defend your response.
 3. Is psychological momentum fact or fiction? How do you feel about the projected performance model of psychological momentum? Do you think the effects of Title IX on sport have completely eliminated the disparity in self-confidence sometimes exhibited by men and women? Explain and defend your answer.
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5. What is gender stereotyping and how does it relate to stereotype threat theory? Relate these concepts to the different kinds of sports that women participate in and their effect upon self-confidence.
 6. Using the integrated theory of motivation as your knowledge base, describe the steps you would follow in making sure that your own child is motivated to succeed in some particular sport or activity.
 7. What can coaches do to make sure that their athletes develop the characteristic and perception of being autonomous in the way they interact with their environment?

Self-determined motivation has been largely measured with the Sport Motivation Scale (SMS). However, concerns about the factor structure of the SMS has led to the development of the Sport Motivation Scale-6 (SMS-6) and the Behavioral Regulation in Sport Questionnaire (BRSQ). Other inventories designed to measure self-determined motivational regulation include the Perceived Locus of Causality (PLOC) scale and the Global Motivation Scale (GMS).

Cognitive evaluation theory is a subtheory of motivation. Cognitive evaluation theory posits that extrinsic motivation has the potential of diminishing an individual's intrinsic motivation. There are two components to the theory. The controlling aspect of the theory predicts that intrinsic motivation will be reduced if extrinsic motivation is perceived as being controlling. The informational aspect of the theory predicts that extrinsic motivation will actually enhance intrinsic motivation if an external reward is perceived as being suggestive of personal competence.

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