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## **SPORT MOTIVATION**

### **WEBINAR 1 : MOTIVATING LARGE POPULATIONS TO BE PHYSICALLY ACTIVE - PRACTICAL APPROACHES**

*A COLLABORATION OF THE UNIVERSITY OF PHYSICAL EDUCATION (HUN) AND THE UNIVERSITY OF BERN (SUI)*

This is the second webinars series of three topics that focuses on motivating physical activity in large populations among various age groups.

W1: PA for youth Thursday, May 20th 2021 at 9am-11am CEST (Bern, Budapest)

W2: PA for adults Thursday, May 27th 2021 at 9am-11am CEST (Bern, Budapest)

W3: PA for seniors Thursday, June 3rd 2021 at 9am-11am CEST (Bern, Budapest)

The webinars are meant for a wide spectrum of professionals, educators, coaches, athletes, students, PE teachers and other sport and public health experts globally. Beyond the general topics like motivation methods and psychology, enhancing physical activity among the youth and related communication and promotion, attention will be devoted to crisis (e.g. COVID lockdown) and post-crisis aspects of motivation physical activity. Furthermore, expert advice will be shared on specific practical methods. With the completion of this webinar, the participants will acquire knowledge about the theories of physical activity and sport motivation, they will be able to identify different motivational states, and to enhance physical activity among people of different age groups.

Motivation is a key aspect of physical activity and leisure sport activities. Generally speaking, improving health and fitness is an important motivational factor for physical activity. However, we know that 'fun, enjoyment, and experience' elements are crucial in order to keep interest and activity level high. What are other motivational factors? Are there any differences among different countries or socio-economic status? How we can motivate different age groups? What are the best practices in recreation event management to reach, activate and involve people? How has the pandemic has changed people's motivation and expectations towards leisure organisers? Motivational processes can be defined by the social-psychological constructs that direct and regulate human behavior. In the school setting, motivation usually takes the form of managing the motivation of children, which is in general the concern of the teacher, or of managing one's own motivation. Sport and exercise psychology has primarily addressed the role of motivation in individual lives, especially in various performance contexts. However, motivation related to physical activity and sports goes beyond the individual and should address social, community, environment and policy considerations.

**Format:** online

**Register now for W1:** PA for Youth

**Date:** 20 May, 2021 9:00 CEST – Central European Summer Time (Bern, Budapest)

**Certificate of Attendance**

**Registration fee : 30 €**

#### **Additional information:**

- instruction by UPE and UB faculty
- 4 x 20 minutes online webinar program



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# INSTRUCTORS AND WEBINAR TOPIC

## The Host Organisations:

UPE is one of the oldest universities for education and sports science in Central Europe. Our faculty includes globally acknowledged educators and coaches, while our students and alumni are high achievers in various areas of sports and science.

The University of Bern is a leader in research areas of social and scientific importance. Our Institute of Sports Science in Bern is characterized in teaching and research by its integrative and application-oriented approach with a focus on social and behavioral sciences.

**Registration fee:** 30 euro

**The Registration will be available on the following link:**

[www.conftool.com/ssws](http://www.conftool.com/ssws)



Dr. Gyöngyvér Lacza  
(UPE)



Ágnes Csordás-Makszin  
(UPE)



Dr. Regina Guthold  
(WHO)



Prof. Dr. Claudio R. Nigg  
(UB)



"GABRIEL HUANG, SINGAPORE ICC WRESTLING COACH

"STUDYING AT THE UPE AND BEING EXPOSED TO THE HIGH LEVEL OF SPORTING CULTURE THAT HUNGARIANS EMBRACE SO DEEPLY WAS AN AMAZING EXPERIENCE FOR ME. I HAD THE OPPORTUNITY TO WALK DOWN THE SAME HALLWAYS TO CLASS AS MANY OLYMPIC CHAMPIONS HAVE DONE IN THE PAST. THE WEALTH OF NOT JUST ACADEMIC BUT ALSO PRACTICAL KNOWLEDGE THE PROFESSORS HAD WAS SO PROFOUND; IT HELPED US AS COACHES TO APPLY THE KNOWLEDGE WE GAINED."