

Types of Motivation

Extrinsic motivation refers to behavior that is driven by external rewards such as money, fame, grades, and praise. This type of **motivation** arises from outside the individual, as opposed to **intrinsic motivation**, which originates inside of the individual.

Intrinsic motivation refers to behavior that is driven by internal rewards. In other words, the **motivation** to engage in a behavior arises from within the individual because it is **intrinsically** rewarding.

Read the biographies included in this assignment. Indicate whether each person's motivation to be physically active is based on intrinsic or extrinsic motivation. Then write a couple sentences to back up your decision on their type of motivation.

Example:

Wayne Gretzky loved the game of hockey and enjoyed every minute he played. It allowed him to gain great success and wealth as well. However, he would have played the game he loved regardless of fame and fortune.

Wayne Gretzky was **intrinsically** motivated. He played hockey because he loved the sport and enjoyed playing. He did gain fame and fortune but that was not his motivation to play.

RM 3–FM: Mini-Biographies (Continued)

Paul

Paul is a recent high school graduate who has just reluctantly signed up for a workout program at his local gym. He passed his basic paramedic training, but two weeks ago had to take a fitness test before he could proceed to the next stage. Unfortunately, he failed the test. He does not see himself as a sporty type and has never done much exercise except when he had to in his school days. After the fitness test, the station commander called him into his office and told him in no uncertain terms that if he fails to pass the test within three months he will be out. Paul is not too happy about it: "I really don't see why you have to be all that fit to be a paramedic. Alright, the job can be physically demanding at times, lugging patients up and down stairs and things, but I think I am well capable of handling it as I am. I mean, it's not as if I'm training for the Olympics, is it? Still, I have no choice really but to do as I am told."

Continued

RM 3–FM: Mini-Biographies (Continued)

Hans

Hans is a civil engineer in his forties. He works out at a local gym a couple of times a week and is trying, fairly successfully, to go jogging regularly. He has two young children. Hans has a family history of heart disease and this has been weighing heavily on his mind in recent years. Although he was quite physically active in his youth, as an adult he did little exercise for many years until the children came along. He gave up smoking at around the same time. Hans says: "My father, uncle, and grandfather all died of heart disease in their early sixties. I can't afford to let it happen to me, what with a wife and two young kids to worry about. So I exercise as much as I reasonably can. I can't say I particularly enjoy it, and I usually have to push myself to go. But if I feel like skipping a session, I just think about the kids and what would happen if I had a heart attack. That makes me feel really bad if don't go, like I'm guilty of letting them down."

Continued

RM 3–FM: Mini-Biographies (*Continued*)

David

David had a hard time socially as a child and as an adolescent. He was timid, small, and skinny and was frequently bullied. Although he liked sports in school, he never got the chance to participate outside of compulsory physical education lessons because the school coaches didn't consider him to be capable enough. He always looked up to his older brother, who was a competitive weightlifter and wrestler. On graduating from high school a few years ago, David was taken to a gym a few times by his brother, and he also became interested in bodybuilding. He now trains hard and regularly and his social life has been transformed from his high school days. He has lots of friends, both male and female, and seems to others to be a very confident and self-assured young man. David says: "I hated it as a youngster, being smaller than everyone and never being taken seriously. Now I'm strong and, well, I think I look good and I'm proud of that. It's important to me to look fit and strong and have a good physique. People give me respect and sort of look up to me now like they never did before. When I was a kid it was like I wanted to be someone else all the time. You know, to be like one of the bigger boys who was good at sports and popular and all that. Now it's other people who look at me and say to themselves, 'Hey, look at him, I wish I could look like that.' I would never have come to feel so good about myself if it weren't for the bodybuilding."

Continued

RM 3–FM: Mini-Biographies (*Continued*)

Darlene

Darlene is a Grade 12 student who also works part time after school and on weekends. Despite her busy work schedule, she finds time to exercise for half an hour on most days, either in the school's fitness centre or at the local YMCA. Darlene feels it is absolutely vital for her to keep fit and sees this as an essential ingredient in the success of her future career: "For me, keeping fit is so important. It's tough, you know, making time to get to the gym every day. But in my last year at school, with the long hours, I have to keep as sharp as I can, and exercising regularly helps me to do that. I really don't think I would have gotten to where I am today without it."

Continued

RM 3–FM: Mini-Biographies (*Continued*)

Sheila

Sheila was a teacher but retrained a few years ago as a fitness instructor. She runs classes every evening and on weekends and also trains in the gym most days. She is highly committed to exercise and sees it as the centre point of her lifestyle: “For years, working as a teacher, I used to exercise as much as I possibly could but never felt I was doing enough. So that’s why I gave up teaching and got into this new career. I know what you’re thinking, but it’s definitely not that I am addicted to exercise or obsessive about it or anything like that. It’s just that, well, it’s hard to explain, but being an exerciser, being a fit person, is a big part of who I am, if you see what I mean. If I had to stop tomorrow, it wouldn’t exactly be the end of the world but it would mean that I’d have to do some serious thinking about my life and I’d find it difficult to readjust. It sounds silly, but it’d be a bit like losing my name or something. I wouldn’t know who I was any more.”

Continued

RM 3–FM: Mini-Biographies (*Continued*)

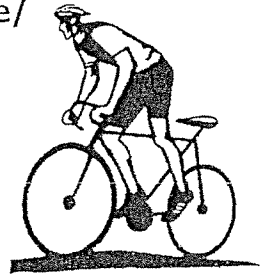
Lenin

Lenin is a construction worker. He loves physical activity of all sorts. He usually plays basketball or racquetball once a week, runs often (he takes part in his city’s annual 10 km fun run every year). “I’ve always been into sport and exercise,” he says. “It’s not as if I’m really all that good at it. I mean, I never had any illusions about playing professionally or anything like that. It’s just great to go out and kick a ball around or run in the park or whatever, have a laugh with your friends, and just forget about work and everything for a bit. I love it.” When asked if he thinks exercising is good for your health, he says: “Well, yeah, I suppose it must be. But that’s not what it’s all about for me, to be honest. I don’t worry too much about the future and all that, you know. I just like having a good time. I mean, if I started thinking like, ‘Oh, this’ll stop me from getting a heart attack,’ or whatever, I think it would end up being just like work. I’d hate to get all obsessed about it like some people. It wouldn’t be any fun then, would it?”

1. What sports and physical activities do you participate in?

2. Are your Sports and PA choices intrinsically or extrinsically based? Explain in detail!

RM 4–FM: Motivation for Physical Activity and Exercise/ Working Out--Questionnaires*



Motivation for Physical Activity*

People are active regularly for a variety of reasons. Using the rating scale provided below, please indicate how true each of the following reasons is for why you are, or would like to be, active regularly.

Rating Scale	1	2	3	4	5	6	7
	not at all true			somewhat true			very true

I try, or would like to try, to be physically active regularly	Rating
1. because I would feel bad about myself if I did not	
2. because others would be angry at me if I did not	
3. because I enjoy physical activities	
4. because I would feel like a failure if I did not	
5. because I feel as if it's the best way to help myself	
6. because people would think I'm a weak person if I did not	
7. because I feel as if I have no choice about being active; others make me do it	
8. because it is a challenge to accomplish my goal	
9. because I believe physical activity helps me feel better	
10. because it's fun	
11. because I worry that I would get into trouble with others if I did not	
12. because it feels important to me personally to accomplish this goal	
13. because I feel guilty if I am not regularly active	
14. because I want others to acknowledge that I am doing what I have been told I should do	
15. because it is interesting to see my own improvement	
16. because feeling healthier is an important value for me	

Example	
Extrinsically Motivated	Intrinsically Motivated
2	6
6	2
3	7
6	2
3	5
7	1
6	1
2	6
3	6
3	6
6	2
3	5
5	5
6	2
3	6
3	7

External Regulation: Questions 2, 7, 11, 14

Introjected Regulation: Questions 1, 4, 6, 13

Identified Regulation: Questions 5, 9, 12, 16

Intrinsic Motivation: Questions 3, 8, 10, 15

Relative Autonomy Index

6.0	1.8
5.0	3.5
3.0	5.8
2.8	6.3
-8.5	11.3

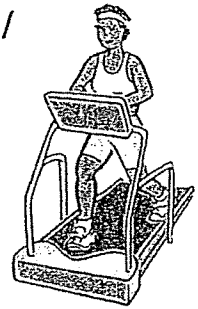
Autonomy index indicates the relative impact of intrinsic and extrinsic factors in your motivation to be active.

- Negative numbers reflect that you are extrinsically motivated for change; that is, external factors are important in regulating your behaviour.
- Positive numbers reflect that intrinsic motivation is primarily involved in your behaviour.

Continued

* Source: Deci, Edward L., and Richard M. Ryan. "Exercise Self-Regulation Questionnaires." *Self-Determination Theory: An Approach to Human Motivation and Personality—The Self-Regulation Questionnaires*. 2004. <www.psych.rochester.edu/SDT/measures/selfreg_exer.html>. Adapted with permission.

RM 4–FM: Motivation for Physical Activity and Exercise/ Working Out—Questionnaires* (*Continued*)



Motivation for Exercise/Working Out*

People exercise/work out for a variety of reasons. Using the rating scale provided below, please indicate how true each of the following reasons is for why you work out or would like to work out.

Rating Scale	1	2	3	4	5	6	7
	not at all true			somewhat true			very true

I exercise/work out (or would like to work out)	Rating
1. because I simply enjoy working out	
2. because working out is important and beneficial for my health and lifestyle	
3. because I would feel bad about myself if I didn't do it	
4. because it is fun and interesting	
5. because others like me better when I am in shape	
6. because I'd be afraid of falling too far out of shape if I didn't	
7. because it helps my image	
8. because it is personally important to me to work out	
9. because I feel pressured to work out	
10. because I have a strong value for being active and healthy	
11. because I find pleasure in discovering and mastering new training techniques	
12. because I want others to see me as physically fit	

Example	
Extrinsically Motivated	Intrinsically Motivated
2	7
2	6
4	4
2	6
5	2
2	3
5	2
2	6
5	2
2	7
2	6
6	3

External Regulation: 5, 7, 12	
Introjected Regulation: 3, 6, 9	
Identified Regulation: 2, 8, 10	
Intrinsic Motivation: 1, 4, 11	
Relative Autonomy Index	

5.3	2.3
3.7	3.0
2.0	6.3
2.0	6.3
-8.3	11.3

Autonomy index indicates the relative impact of intrinsic and extrinsic factors in your motivation to be active.

- Negative numbers reflect that you are extrinsically motivated for change; that is, external factors are important in regulating your behaviour.
- Positive numbers reflect that intrinsic motivation is primarily involved in your behaviour.

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RM 5–FM: Barriers to Being Active Quiz*
What Keeps You from Being More Active?

Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements. (Circle the applicable number for each statement.)

How likely are you to say?	Very Likely	Somewhat Likely	Somewhat Unlikely	Very Unlikely
1. My day is so busy now, I just don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2. None of my family members or friends likes to do anything active, so I don't have a chance to exercise.	3	2	1	0
3. I'm just too tired after school or work to get any exercise.	3	2	1	0
4. I've been thinking about getting more exercise, but I just can't seem to get started.	3	2	1	0
5. Exercise can be risky.	3	2	1	0
6. I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
7. I don't have access to jogging trails, swimming pools, bike paths, etc.	3	2	1	0
8. Physical activity takes too much time away from other commitments—time, work, family, etc.	3	2	1	0
9. I'm embarrassed about how I will look when I exercise with others.	3	2	1	0
10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11. It's easier for me to find excuses not to exercise than to go out to do something.	3	2	1	0
12. I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13. I really can't see learning a new sport.	3	2	1	0
14. It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15. My free times during the day are too short to include exercise.	3	2	1	0
16. My usual social activities with family or friends do not include physical activity.	3	2	1	0
17. I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0

Continued

* Source: Centers for Disease Control and Prevention. "Barriers to Physical Activity Quiz." *Physical Activity for Everyone: Overcoming Barriers to Physical Activity*. <www.cdc.gov/nccdphp/dnpa/physical/life/barriers_quiz.pdf>. Adapted with permission.

RM 5–FM: Barriers to Being Active Quiz (Continued)

How likely are you to say?	Very Likely	Somewhat Likely	Somewhat Unlikely	Very Unlikely
18. I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19. I'm afraid I might injure myself.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
21. If we had exercise facilities and showers at school or at work, then I would be more likely to exercise.	3	2	1	0

Scoring

Follow these instructions to score yourself:

- In the spaces provided below, enter the number you circled for the applicable questions (on the quiz), recording the circled number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

_____	+	_____	+	_____	=	_____	
1		8		15		_____	Lack of time
_____	+	_____	+	_____	=	_____	_____
2		9		16		_____	Social influence
_____	+	_____	+	_____	=	_____	_____
3		10		17		_____	Lack of energy
_____	+	_____	+	_____	=	_____	_____
4		11		18		_____	Lack of willpower
_____	+	_____	+	_____	=	_____	_____
5		12		19		_____	Fear of injury
_____	+	_____	+	_____	=	_____	_____
6		13		20		_____	Lack of skill
_____	+	_____	+	_____	=	_____	_____
7		14		21		_____	Lack of resources

Suggestions for Overcoming Physical Activity Barriers*	
Barriers	Suggestions for Overcoming Barriers
Lack of time	<ul style="list-style-type: none"> ▪ Identify the available time slots or create time slots during which you are willing to give up a sedentary activity (e.g., watching television). Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity. ▪ Add physical activity to your daily routine (e.g., walk or ride your bike to school or work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination). ▪ Make time for physical activity (e.g., walk, jog, or swim during your lunch hour, take fitness breaks while you study, walk up and down stairs between classes). ▪ Select activities requiring minimal time, such as walking, jogging, or stair climbing.
Social influence	<ul style="list-style-type: none"> ▪ Explain your interest in physical activity to friends and family. Ask them to support your efforts. ▪ Invite friends and family members to exercise with you. Plan social activities involving exercise. ▪ Develop new friendships with physically active people. Join a group (e.g., hiking or cycling club).
Lack of energy	<ul style="list-style-type: none"> ▪ Schedule physical activity for times in the day or week when you feel energetic. ▪ Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.
Lack of motivation	<ul style="list-style-type: none"> ▪ Plan ahead and make the commitment. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar. ▪ Invite a friend to exercise with you on a regular basis and write it on both your calendars. ▪ Join an exercise group or class.
Fear of injury	<ul style="list-style-type: none"> ▪ Learn how to warm up and cool down to prevent injury. ▪ Learn how to exercise appropriately, considering your age, fitness level, skill level, and health status. ▪ Choose activities involving minimum risk.
Lack of skill	<ul style="list-style-type: none"> ▪ Select activities requiring no new skills, such as walking, climbing stairs, or jogging. ▪ Exercise with friends who are at the same skill level as you are. ▪ Find a friend who is willing to teach you some new skills. ▪ Take a class to develop new skills.
Lack of resources	<ul style="list-style-type: none"> ▪ Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics. ▪ Identify inexpensive, convenient resources available in your community (e.g., community education programs, park and recreation programs, worksite programs).
Weather conditions	<ul style="list-style-type: none"> ▪ Develop a set of regular activities that are always available regardless of weather (e.g., indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gymnasium games). ▪ Look on outdoor activities that depend on weather conditions (e.g., cross-country skiing, snowshoeing, skating, outdoor swimming, outdoor tennis) as "bonuses"—extra activities possible when weather and circumstances permit.
Travel	<ul style="list-style-type: none"> ▪ Put a jump rope in your suitcase and jump rope. ▪ Walk the halls and climb the stairs in hotels. ▪ Stay in places with swimming pools or exercise facilities. ▪ Join the YMCA or YWCA (ask about reciprocal membership agreement). ▪ During gas station stops, take exercise breaks. ▪ Bring your favourite music that motivates you.
Family involvement	<ul style="list-style-type: none"> ▪ Exercise with your brother or sister when babysitting (e.g., go for a walk together, play tag or other running games, get an aerobic dance DVD for kids and exercise together). You can spend time together and still get your exercise. ▪ Find ways to be active around your home with others (e.g., shoot hoops on the driveway, play tennis at a nearby tennis court, go for a bicycle ride with a friend, play with siblings, do household chores such as mowing the lawn).

* Source: Centers for Disease Control and Prevention. "Overcoming Barriers to Physical Activity." *Physical Activity for Everyone*. 22 May 2007. <www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>. Adapted with permission.

