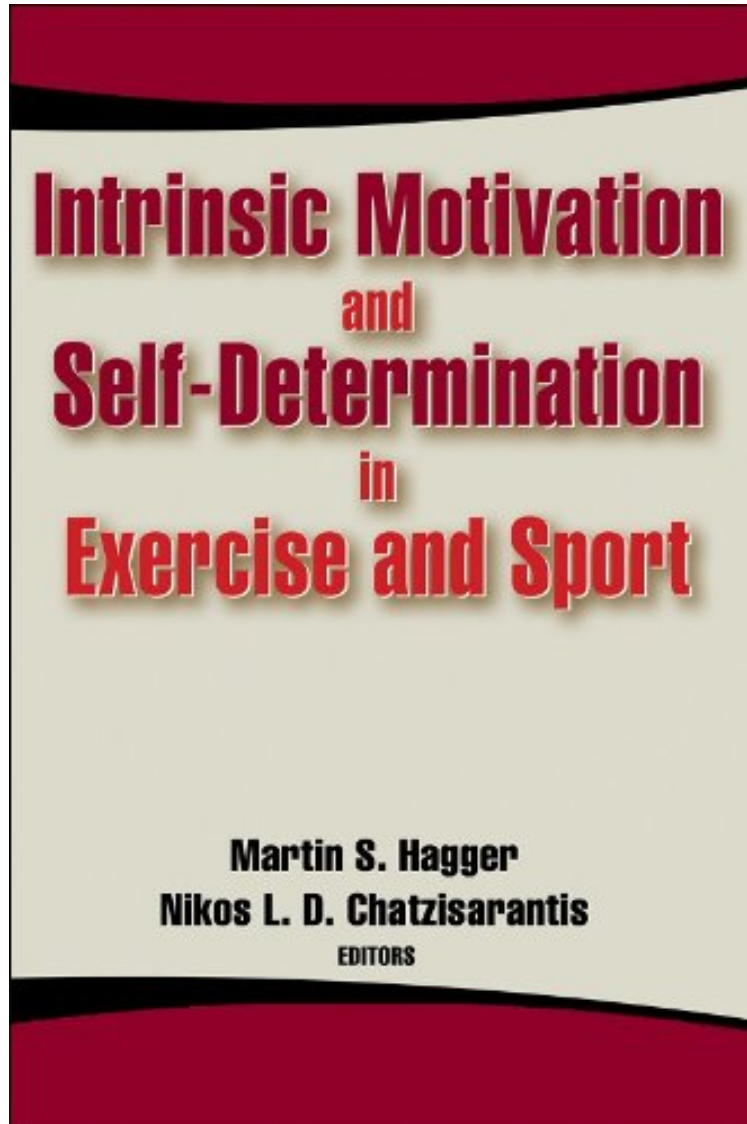


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0 of 0 people found the following review helpful. Five StarsBy jeanette lopez wallegreat0 of 0 people found the following review helpful. A must have for those who take physical fitness seriouslyBy Midwest Book ReviewWillpower is an incredibly powerful thing. "Intrinsic Motivation and Self-Determination in Exercise and

Sport" is a complex discussion of the power of motivation when training themselves, be it for overall fitness or for competitive purposes. Taking a technical and scientific approach to building one's self-determination as well as outlining the vital and extreme importance of it in just getting started. Enhanced with bibliographies, indexes, and more, "Intrinsic Motivation and Self-Determination in Exercise and Sport" is a complete and comprehensive reference for training, a must have for those who take physical fitness seriously.

The world of exercise and sport is fascinated by motivation and the factors that drive it. It's no wonder researchers both in and out of the sport domain will enthusiastically welcome *Intrinsic Motivation and Self-Determination in Exercise and Sport*. Motivation is central to many social psychological theories that aim to explain behavior, including self-determination theory, one of the most influential theories of human motivation developed in the last three decades. *Intrinsic Motivation and Self-Determination in Exercise and Sport* examines the contribution of this theory to the understanding of motivation and behavior in the domains of exercise and sport. This is the first book to synthesize key research of self-determination theory as it relates to sport and exercise into one convenient volume. Written by a broad range of leading researchers, this reference will be a trend setter in the understanding of internal motivation and how to maximize performance and adherence. Furthermore, this volume will fill in research gaps, improve existing research, and set new directions for research in this vibrant area. Self-determination theory is based on the premise that individuals pursue self-determined goals to satisfy their basic psychological needs to independently solve problems, interact socially, and master tasks. The book begins with an introductory chapter in which the founding fathers of self-determination theory, Edward L. Deci and Richard Ryan, provide an overview of the theory and its constituent subtheories and chart its history with respect to exercise and sport, highlighting classic studies and seminal works along the way. This introduction masterfully provides sufficient theoretical grounding and serves as an excellent prologue to subsequent chapters. The remainder of the book is organized in two parts that cover research in the domains of exercise and sport. Part I examines the contribution of self-determination theory to the explanation of participation in and adherence to health-related exercise, and it examines the motivational experiences and contingencies that bring about exercise behavior and health-related outcomes. The recommendation sections that follow each chapter provide specialists interested in promoting exercise including personal trainers, clinicians, health psychologists, and physical educators with key strategies to motivate people to regularly participate in exercise for health. Part II discusses the role that self-determination theory plays in explaining motivational processes involved in competitive sport contexts and summarizes the state of the literature concerning self-determination theory in diverse areas of sport, including athletes' motivation and sport performance, goal content and orientations, dropout, psychological well-being, and coaching behaviors. The recommendations outlined at the close of each chapter provide coaches, sport psychologists, sport promoters and managers, and physical educators with realistic, practical solutions to maximize sport performance, persistence in training, and, above all, enjoyment and well-being among athletes. *Intrinsic Motivation and Self-Determination in Exercise and Sport* also integrates self-determination theory concepts with other theoretical frameworks to highlight the versatility of the theory and encourage future research. Each chapter in the text closes with clearly explained, in-depth suggestions for future research and for transferring findings into practice. Whether you're a researcher in sport and exercise or in any other area where performance and adherence issues are key, *Intrinsic Motivation and Self-Determination in Exercise and Sport* will leave you inspired by the editors' and contributors' research and philosophy, brought together here to advance the knowledge of motivation in exercise and sport.

This book covers all one would need to know about the topic of intrinsic motivation, including a beautiful schematic representation of self-determination theory illustrating the components that underlie the theory. The Sport Psychologist About the Author Martin S. Hagger, PhD, is a chartered psychologist and reader in social and health psychology in the School of Psychology at the University of Nottingham, United Kingdom. He has authored more than 50 research articles, book chapters, and books on motivation, including *Social Psychology of Exercise and Sport* with Nikos Chatzisarantis. He was commissioned to edit *Advances in Self-Determination Theory Research in Exercise and Sport*, a special issue of the peer-reviewed scholarly journal *Psychology of Exercise and Sport*. He is coeditor of *Psychology and Health*, associate editor of *Psychology of Sport and Exercise*, and on the international advisory board of *British Journal of Health Psychology*. Nikos L.D. Chatzisarantis, PhD, is a principal lecturer in the School of Psychology at University of Plymouth, United Kingdom. Since 1995 he has been researching human motivation and decision-making processes from a self-determination theory perspective. He has been published in peer-reviewed journals of both mainstream psychology and exercise psychology. He earned a PhD in education and a master's degree in sport and exercise psychology from the University of Exeter. He is a member of the advisory boards of *International Journal of Sport Psychology*, *Psychology and Health*, and *Research Quarterly for Exercise and Sport*.