



5 FORMAS DE MANTENER

la motivación en la actividad física

La motivación es fundamental para realizar cualquier tipo de actividad, pero para la actividad física es aún más importante ya que te ayuda a realizarla de forma constante y a alcanzar tus metas.

EN COMPAÑÍA

Hacer actividad física con alguien o en equipo, ayuda a que se mantengan motivados y no abandonen la actividad.



2

REGISTRA TU PROGRESO

Llevar un registro de los avances que se vayan obteniendo te ayudará a querer seguir mejorando.



4

1



Si la actividad que realizas lo permite, ámate un playlist con tus canciones favoritas, además de motivarte aumenta la productividad.

ENTRENA CON MÚSICA

3



Realiza variaciones en la actividad física que realices, así evitas que el cuerpo se acostumbre, favoreces los resultados y no te aburres.

ROMPE LA RUTINA

5



Que mejorar tu salud sea el principal motivo para mantenerte activo, ten en mente todos los beneficios que te aporta y no dejes de hacerlo

HAZLO POR TU SALUD

¡CUÍDATE!

Motivacion En La Actividad Fisica Y El Deporte

**José E. Moral García, Emilio J. Martínez
López, Alberto Grao Cruces**



Motivación En La Actividad Física Y El Deporte:

Motivación en la actividad física y el deporte Juan Antonio Moreno Murcia, Eduardo Cervelló Gimeno, 2010-07-23
Conocer los procesos que pueden explicar por qué ciertas personas comienzan a realizar actividades físicas mientras otras no lo hacen por qué algunos deportistas emplean gran cantidad de tiempo y esfuerzo en la realización de actividades deportivas saber la mejor forma de conseguir un comportamiento disciplinado en las clases de educación física o descubrir qué lleva a ciertas personas a abandonar las actividades físico-deportivas una vez comenzadas son algunas de las cuestiones que interesan por igual a investigadores estudiantes entrenadores profesores de educación física y profesionales en general relacionados con la práctica de actividades físicas Con la obra que presentamos al lector pretendemos dar algunas respuestas a estas preguntas con la certeza de que una vez finalizada su lectura aparecerán nuevas preguntas que esperemos consigan hacer reflexionar sobre la importancia de los procesos motivacionales en la comprensión de la conducta humana relacionada con la práctica de actividad física y deportiva Los diferentes autores que han participado en este libro han intentado presentarnos no sólo los argumentos teóricos que apoyan cada uno de los capítulos sino también han realizado un gran esfuerzo por reflejar el estado de la investigación actual los instrumentos de medida y las aplicaciones prácticas que se derivan de la elaboración de los distintos apartados Para ello la obra se ha dividido en dos partes En la primera de ellas se presentan las principales aproximaciones al estudio de la motivación deportiva mientras que en la segunda parte se abordan algunas cuestiones relacionadas con la práctica físico-deportiva desde una perspectiva motivacional *Análisis diferencial de los comportamientos, motivaciones y demanda de actividades físico-deportivas del alumnado almeriense de enseñanza secundaria post obligatoria y de la Universidad de Almería* Francisco Ruíz Juan, 2001-06-14 **20 estrategias para aumentar la motivación en programas de ejercicio físico** Juan Antonio Moreno Murcia, Eduardo Cervelló, Fernanda Borges, 2011-01-01 Las conductas que los hijos e hijas ven en los padres y madres influyen en la conducta futura respecto a la práctica deportiva por ese motivo el objetivo de esta guía es dar a los padres y madres algunas herramientas para ayudarles en la educación deportiva de sus hijos e hijas Pues su apoyo en la práctica deportiva puede conseguir que se integre en ellos el hábito de la práctica deportiva en el futuro Entre otras estrategias se resalta en el documento que con la práctica del deporte se consiguen mejoras a nivel social psicológico físico y emocional donde se incluyen valores como la responsabilidad respeto tolerancia etc **La motivación y adhesión hacia la actividad física y el deporte**, 2003 **Actividad física y salud**, 2000 **Motivación para la práctica de actividad física y deportiva** Pedro Jara Vega, 2013-03-03 Contextualización de la motivación en la actividad física y deportiva Tipos estilos y teorías de la motivación Motivos actitudes y comportamientos de práctica Influencia de la autoconfianza en el mantenimiento de la motivación Estrategias para el establecimiento de objetivos Desarrollo y optimización de la motivación la influencia de las creencias en la motivación hacia los objetivos **Motivaciones para la práctica de la actividad física en adolescentes** José E. Moral García, Emilio J. Martínez López, Alberto Grao

Cruces,2014-01-24 El objetivo principal del presente estudio es conocer las motivaciones principales que inducen a los adolescentes andaluces a pr ctica actividad f sica En base a las diferentes evidencias cient ficas constatadas se puede hipotetizar que Los varones destinan m s tiempo a la pr ctica de actividad f sica que los escolares de sexo femenino El nivel de actividad f sica es superior entre los escolares mesomorfos en relaci n a los ectomorfos y endomorfos En el periodo extraescolar fin de semana los adolescentes dedican m s tiempo al ocio sedentario en comparaci n a los d as laborables Los sujetos activos f sicamente presentan una mejor salud que los sedentarios Los sujetos activos le otorgan m s importancia al deporte como veh culo de mejora de sus habilidades f sicas Los sujetos obesos valoran m s la capacidad que tiene el deporte para obtener mejoras de salud que los que tienen normopeso o sobrepeso A medida que los sujetos son m s activos se incrementa la importancia atribuida al deporte como elemento contribuyente a la mejora de la apariencia f sica La estructura del estudio diferencia varios cap tulos repartidos en dos bloques Primer bloque o marco te rico Contiene el Cap tulo I Actividad F sica correspondiente a la fundamentaci n te rica Segundo bloque o trabajo de campo Abarca el Cap tulo II que aborda la metodolog a dise o objetivos hip tesis participantes o muestra instrumentos procedimiento an lisis estad stico y variables dependientes e independientes El Cap tulo III est dedicado a los resultados el Cap tulo IV comprende la discusi n y el Cap tulo V expone las principales conclusiones del estudio y Cap tulo VI referencias bibliogr ficas **Motivaci3n para la actividad f sico deportiva en los estudiantes del programa Ciencias del Deporte y la Recreaci3n. UTP 2008**

Leandro Florez Valencia,2008 Resumen La presente investigaci n tuvo como objetivo general describir los factores motivacionales para la realizaci n de actividad f sico deportiva encontrados en los estudiantes del Programa Ciencias del Deporte y la Recreaci n PCDR de la Universidad Tecnol gica de Pereira U T P matriculados en el primer semestre de 2008 y su relaci n con las variables socio demogr ficas de los mismos Se incluy en esta investigaci n a los 684 estudiantes matriculados en el primer semestre del presente a o de los cuales se obtuvo una muestra poblacional de n 246 a trav s de un muestreo probabil stico estratificado por semestres y se les aplic el cuestionario ESCALA DE MEDIDA DE LOS MOTIVOS PARA LA ACTIVIDAD F SICA REVISADA MPAM R validada al contexto local a trav s de una prueba piloto hecha en los estudiantes La informaci n recogida se analiz a trav s del programa Microsoft Office Excel 2007 y el cruce de las variables socio demogr ficas y motivacionales se realiz en el programa estad stico SPSS 11 5 La poblaci n del PCDR es de prevalencia masculina y perteneciente en su mayor a a los estratos socio econ micos 2 y 3 La mayor a de los estudiantes realizan actividad f sico deportiva en compa a o dirigidos por un profesional el 5 % de los estudiantes que realizan actividad f sico deportiva se dedican nicamente al deporte de las asignaturas y el 5% de la muestra no realiza actividad f sico deportiva Los estudiantes del PCDR tienen un nivel de motivaci n general alto 81% y sus principales motivos para hacer actividad f sico deportiva son la diversi n y el Fitness Salud dando as una pauta general de equidad entre la motivaci n intr nseca y extr nseca a la cual corresponden ambos motivos respectivamente A diferencia de otros estudios se encontr que para los

estudiantes del PCDR 2008 la apariencia física no es un motivo primordial a la hora de realizar actividad físico deportiva sin diferencias significativas entre géneros Los españoles y el deporte, 1980-1995 Manuel García Ferrando, 1997

Motivación en el deporte y el ejercicio Glyn C. Roberts, 1995 International journal of sport psychology, 2004

Revista referativa de educación, 1983 *Revista latinoamericana de psicología*, 2003 *F.I.G.L. Bulletin* International

Federation of Physical Education, 1998 **Fisiología y Psicología de la actividad física y el deporte** Luis Casis

Saenz, 2008 La profesionalización del deporte por un lado y la generalización de la práctica deportiva por otro han provocado un intenso desarrollo del estudio de los aspectos fisiológicos del esfuerzo y de los aspectos psicológicos todo ello con el fin de mejorar el rendimiento deportivo motivo por el cual nace esta obra Hay que tener en cuenta que la actividad física y los estados mentales están estrechamente relacionados con la propia actuación física En este ámbito los aspectos anatómico fisiológicos se entrecruzan con los factores de naturaleza psicológica por lo que se hace necesario prestar especial atención a la interdependencia de los aspectos somáticos y mentales Por tanto las diferentes cuestiones de esta obra están enfocadas desde una perspectiva multidisciplinar y de integración psicósomática Esta obra va dirigida a profesionales del deporte tanto en su vertiente médico fisiológica como en la psicológica siendo de interés también para entrenadores y deportistas en activo así como para estudiantes de las diversas titulaciones que abarcan disciplinas deportivas como CC de la Actividad Física y el Deporte Magisterio de Educación Física y Psicopedagogía y a toda aquella persona que tenga interés en conocer la relación entre estados mentales y deporte Trabajos Científicos International Society of Sports Psychology, 1975 **Deporte 4.0.**

Ciencias del Deporte Epistemología, cambios paradigmáticos Carlos Eduardo Vargas Olarte, 2023-11-29 Documento del año 2023 en el tema Deportes Teoría y Práctica Idioma Español Resumen La obra presenta una propuesta de ordenamiento etapas del desarrollo del Deporte como práctica social objeto de estudio y de las teorías sobre los cambios paradigmáticos de las Ciencias del Deporte partiendo de la construcción desde la intencionalidad educativa durante el proceso paralelo a Primera Revolución Industrial y el inicio de la vida urbana continuando con el acento pedagógico de la perspectiva académica de los Siglos XVIII XIX pasando por la ideologización socialismo capitalismo nacional socialismo de las discusiones terminológicas y conceptuales en la primera mitad del Siglo XX hasta las propuestas epistemológicas y teóricas de la segunda mitad del Siglo XX y comienzos del Siglo XXI para constituirse como campo del conocimiento disciplina científica multidisciplinar e interdisciplinar bajo una configuración paradigmática en torno a lo teórico científico y lo metodológico La obra en sus ocho capítulos ofrece la argumentación teórica en torno a este proceso con base en el tratamiento de dos aspectos centrales El proceso de configuración del objeto de estudio Deporte como disciplina académica el Deporte y actividades afines y campo del conocimiento científico las diferentes etapas del desarrollo de las Ciencias del Deporte El proceso constitutivo y evolutivo de los enfoques disciplinares multidisciplinarios interdisciplinares y transdisciplinares en torno a las Ciencias del Deporte Bajo la perspectiva de la teoría de los sistemas sociales ante la amplitud extensiva y

complejidad de la dimensión temporal social y objetiva de la temática el autor recurre a una reducción de complejidad en lo temporal circunscribiendo los análisis al periodo de los últimos 60 años las cuatro décadas finales del Siglo XX y las dos iniciales del Siglo XXI advirtiendo los marcos de relación con el panorama socio histórico del desarrollo de la Cultura del Juego Deportivo del Deporte y de las actividades afines Las reflexiones y análisis se concentraron en las influencias de las circunstancias históricas sociales políticas y económicas con relación a los cambios paradigmáticos del Deporte como práctica social y el proceso de construcción como objeto de estudio de las Ciencias del Deporte

Estrategias lúdicas para motivar la práctica de la actividad física. El ejemplo de los estudiantes del ciclo cuatro Harold Daniel Rosas López, Luis Miguel Hilarion Moreno, Yuli Cristina Perez Torres, 2017-01-24 Trabajo de Investigación del año 2014 en el tema Didáctica Deporte Pedagogía deportiva Idioma Español Resumen La escuela después de la familia es el segundo medio socializador y formador más importante con el cual cuenta la sociedad Ella entre muchas tareas debe abrir los espacios para reflexionar y abordar las variadas problemáticas que afectan a niños y jóvenes en su entorno social la escuela tiene por objeto expandir los horizontes de vida y mostrar las múltiples visiones que del mundo se puede tener lo cual habrá de redundar en el bienestar de los educandos la familia y su comunidad La presente investigación elaborada desde la escuela pretende abordar una problemática que se viene evidenciando con mayor notoriedad en la sociedad moderna tecnificada y sistematizada la falta de movilidad corporal de los jóvenes educandos y la baja motivación por la práctica regular de la actividad física En la presente investigación se trata de la inactividad que experimentan los jóvenes del colegio Nuevo Chile en su tiempo extra escolar la falta de ideas y de motivación para ocupar su tiempo libre en actividades que les permita mover su cuerpo la carencia de hábitos de movimiento producto de la automatización y sistematización de la sociedad moderna y la carencia de actividades extracurriculares en la escuela para estimular y generar el gusto por la actividad física periódica y planificada Por esas razones la pregunta central del estudio es Mediante qué estrategias lúdicas motivar la práctica de la actividad física en los estudiantes de ciclo cuatro del Colegio Nuevo Chile J T

Revista del ejército y fuerza aérea mexicanos ,2009

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Reviewing **Motivacion En La Actividad Fisica Y El Deporte**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Motivacion En La Actividad Fisica Y El Deporte**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

https://crm.allthingsbusiness.co.uk/About/Resources/fetch.php/college_rankings_streaming_top_shows_top.pdf

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