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## Department of Movement and Sports Sciences

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'Doctor in Health Sciences'

Nele Van Doren (°1996) completed her Master in Physical Education and Movement Sciences, along with a Teacher Qualification for Secondary Education. She began her research career as an assistant in Sports Pedagogy before transitioning into a full-time research position. Her main research interest centers on motivating and demotivating teaching of secondary school Physical Education teachers, specifically examining how this influences students' motivation, in-class physical activity, and sedentary behavior.



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## Secondary School Physical Education Teachers' Need-Supportive and Need-Thwarting Teaching: Associations With Student Motivation and In-Class Physical Activity



Nele Van Doren

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## Background

Secondary school Physical Education (PE) plays a crucial role in adolescents' physical and psychological development. Beyond developing motor competencies and social skills, PE aims to encourage a physically healthy lifestyle. However, the well-documented benefits of PE are not consistently experienced by all students. A key factor influencing the effectiveness of PE lies in the motivational support provided by PE teachers, particularly through their motivating and demotivating teaching.

## Objectives

-  1. To investigate the association between PE teachers' (de)motivating teaching and student motivation.
-  2. To examine the association between PE teachers' (de)motivating teaching and students' in-class physical activity and sedentary behavior.

## Key findings objective 1: student motivation

### MOTIVATING TEACHING

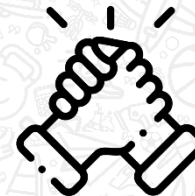


When PE teachers create a motivating environment, students are more likely to enjoy and value PE.

### DEMOTIVATING TEACHING

When PE teachers rely on controlling strategies to teach their lesson, students' motivation becomes increasingly reliant on internal and external pressure, or disappears altogether.

When PE teachers use chaotic strategies during their lesson, students' motivation disappears.



## Key findings objective 2: in-class physical activity and sedentary behavior

### MOTIVATING TEACHING



PE teachers' motivating teaching is unrelated to students' in-class physical activity and sedentary behavior.

### DEMOTIVATING TEACHING

When PE teachers use demanding strategies during class, students tend to be more active during the lesson. However, these demanding strategies also reduce students' motivation (i.e., enjoyment of PE), which, in turn, is positively related to students' in-class physical activity.

