

V-OBSERVER

An online tool to improve motivational teaching and coaching

BACKGROUND



Research derived from Self-Determination Theory shows that people who are more autonomously motivated are also more physically active in their leisure time.

Physical education teachers and sport coaches can foster autonomous motivation by adopting a motivating style.



Hundreds of studies confirm the benefits of an autonomy-supportive and structuring motivating style and the strategies associated with it: positive feedback, empathy, rationale provision,...

Previous research showed that physical education teachers and sport coaches can optimize their motivation style through a 1-day workshop.

THE PROJECT

V-observer is an **online environment** in which pre-service and in-service physical education teachers can identify opportunities to optimize their motivating style by:

- completing a **questionnaire**
- **tagging videos** from their own lessons



V-observer then generates a **personalized profile** of teachers' motivating style.

V-observer is unique because it **integrates videos** and allows to **tag concrete situations** representing the (de)motivating style of the teacher.

V-observer complements existing workshops through **more intensive** and **personalized** screening and training.

ADVANTAGES



Combined insights

Connecting the questionnaire outcomes to the video-based taggings allows to identify both strengths and areas for improvement.



Personalized

The screening generates insights that can be used in personalized coaching trajectories.



Proactive reflection

Pre-service teachers can reflect on and improve their motivating style during internships.

OUR GOALS



Improve

To find partners who are interested in improving the quality and effectiveness of motivational coaching and teaching.



Implement

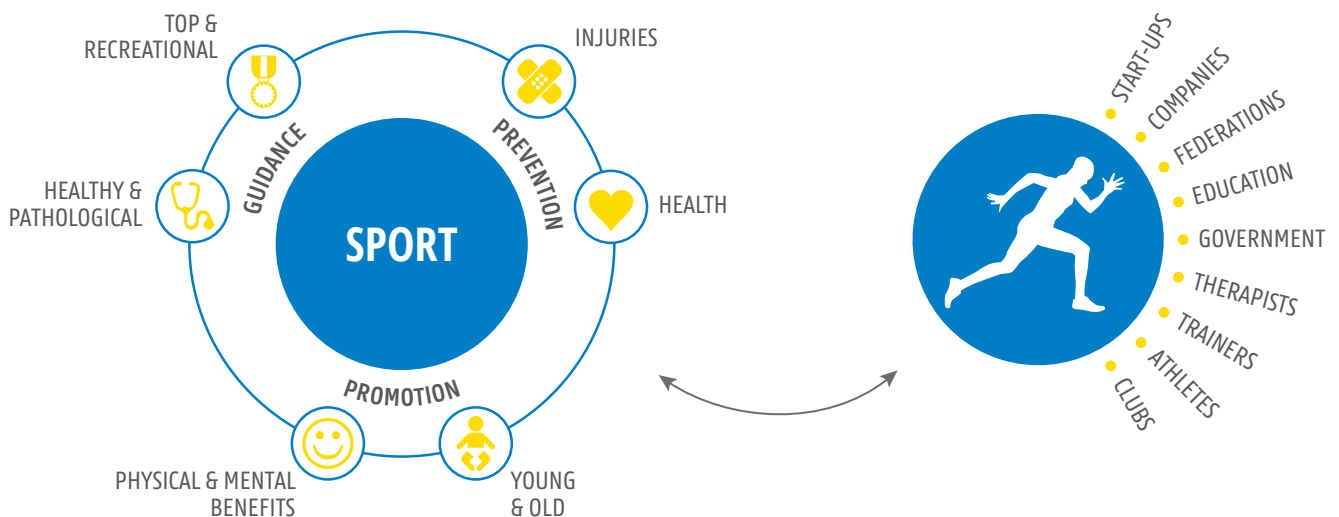
To provide pre- and in-service physical education teachers and sport coaches with evidence-based tools to optimize their motivating style.



Monetize

To find a sustainable business model for the continued improvement and implementation of the tool.

VICTORIS CONSORTIUM



We create new **SPORTS PRODUCTS and SERVICES** by facilitating the **TRANSFER of KNOWLEDGE** that results from **MULTIDISCIPLINARY RESEARCH**

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