

# HPSS 3200 Sport & Exercise Psychology

## Motivational Speech/Video Assignment

### Instructions:

Choose a *motivational* speech / video / podcast, in the general field of sports, coaching, fitness, health & wellness.

Search the internet and numerous web sites (examples provided below & on eLearn course page) for a collection of the great motivational speeches to watch / listen to that address a topic of your choice.

- [www.mulliganbrother.com](http://www.mulliganbrother.com)
- [www.YouTube.com](http://www.YouTube.com)
- [www.Goalcast.com](http://www.Goalcast.com)
- [www.ted.com](http://www.ted.com)
- <http://motiversity.com>
- [12 Inspirational Sports Speeches From Athletes, Coaches, and Little Kids | Fatherly](#)
- <https://podcasts.apple.com/us/podcast/sports-motivation-podcast/id1055909466>

In a two to three-page paper, APA format and should include the following:

- Provide a link to watch / listen to the video / speech.
- Briefly summarize the *motivational* speech / video. What is the setting, who is the audience, how is it motivating?
- Explain what type of motivational skills are being used.
- Explain in what situations or incidences would this speech / video be used or applied to.
- Provide a critique, what you think worked & was effective. And what was not effective and/or what did not work. What & how would you change.
- Be sure to use appropriate references and include them at the end of the paper.

### Evaluation:

Criteria	Weight
Provide accessible link to the video / speech	5 point
The <i>Motivational</i> speech / video summary	20 points
Explanation of motivational skills used	5 point
Explanation of its application / setting	5 points
Your critique: What worked & what didn't	10 points
APA, References & Spelling - Grammar	5 point
Total	----- 50 points

**Assignment Due: April 8, 2021 in eLearn course dropbox.**

[\(255\) Life Is Like A Cup of Coffee - Inspirational Video Movie - YouTube](#)