Self determination theory (6 sub themes)
Sub theories:
1) cognitive evaluation theory,
2) basic needs theory

Basic needs theory
• Competence
Seek to control outcomes and experience mastery
• Autonomy
Self-initiating in regulating one’s outcomes
• Relatedness
Desire to feel connected with others

- If these needs are being satisfied, your growth is being facilitated

Self determination (meta) theory
Events: rewards & incentives, coaching behaviours and processes, goal progress
Needs: autonomy, competence, relatedness

Events influence intrinsic motivation, through the use of needs.
Internalisation: degree to which the motives that we have are driven internally, rather than externally (controlling behaviour)
Levels of internalisation can change during activities
Satisfaction of ‘needs’ lead to more internalised athletes (intrinsic motives).