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LA PRÉPARATION PHYSIQUE #3



Du Sport

- **Charge affective et motivation
durant l'effort de longue durée**

- Avec Bertrand BARON, Enseignant-chercheur en
STAPS. Université de La Réunion.
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Du Sport

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Les fondements

1



Les émotions

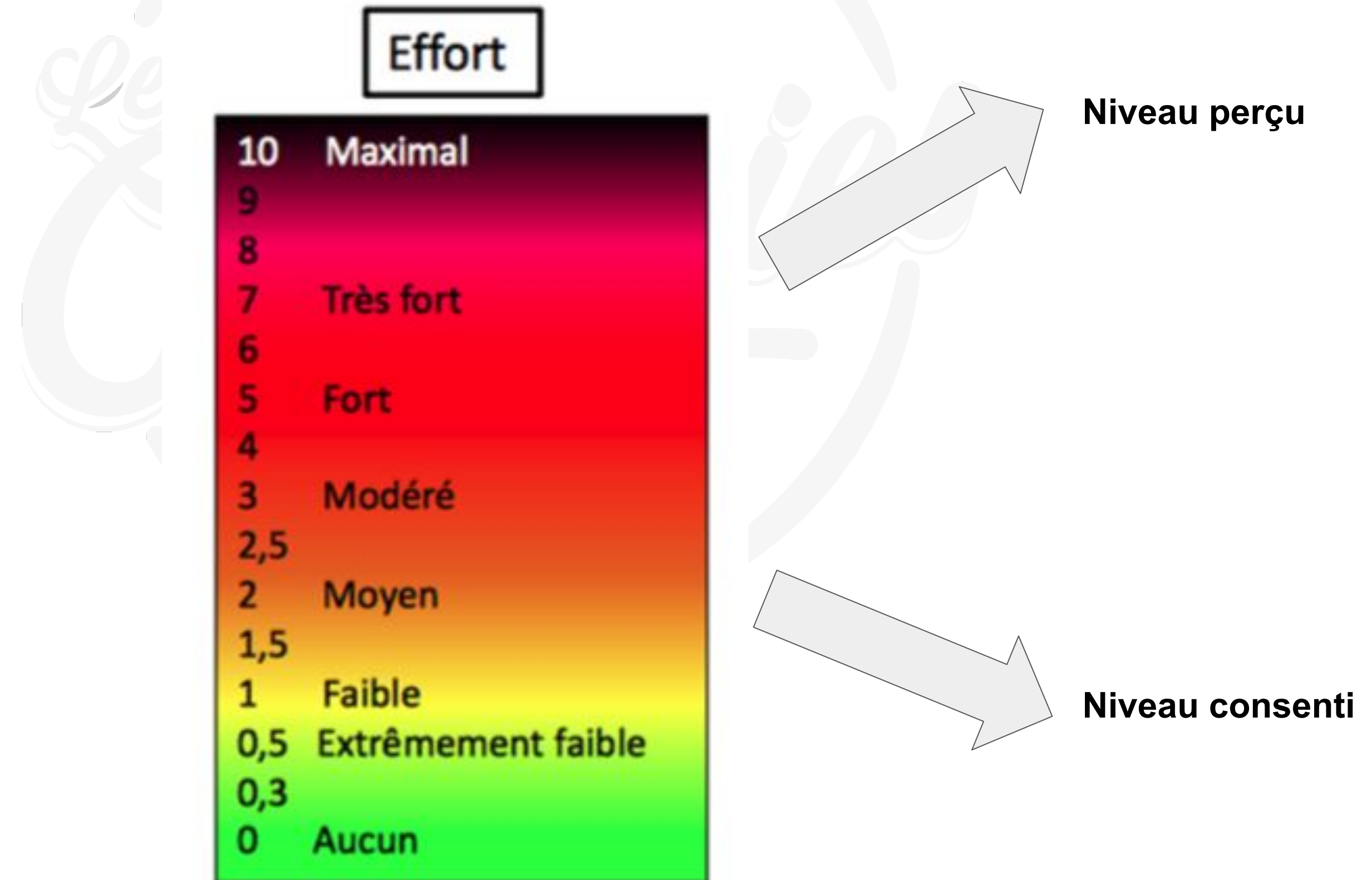
Antonio R Damasio:

➡ Les émotions sont au centre du processus décisionnel.

Panteleimon Ekkekakis:

➡ Durant l'exercice, la régulation émotionnelle permet la régulation physiologique.

Borg, G. (1990). Psychophysical Scaling with Applications in Physical Work and the Perception of Exertion. Scandinavian Journal of Work and Environmental Health, 16, 55-58.





Du Sport

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**Régulation de
l'effort.**

2



Baron B, Moullan F, Deruelle F, Noakes TD: The role of emotions on pacing strategies and performance in middle and long duration sports events. British Journal of Sports Medicine, 2011; 45(6): 511-7.

$$\text{Charge Affective} = \text{Effort} - \text{Plaisir}$$



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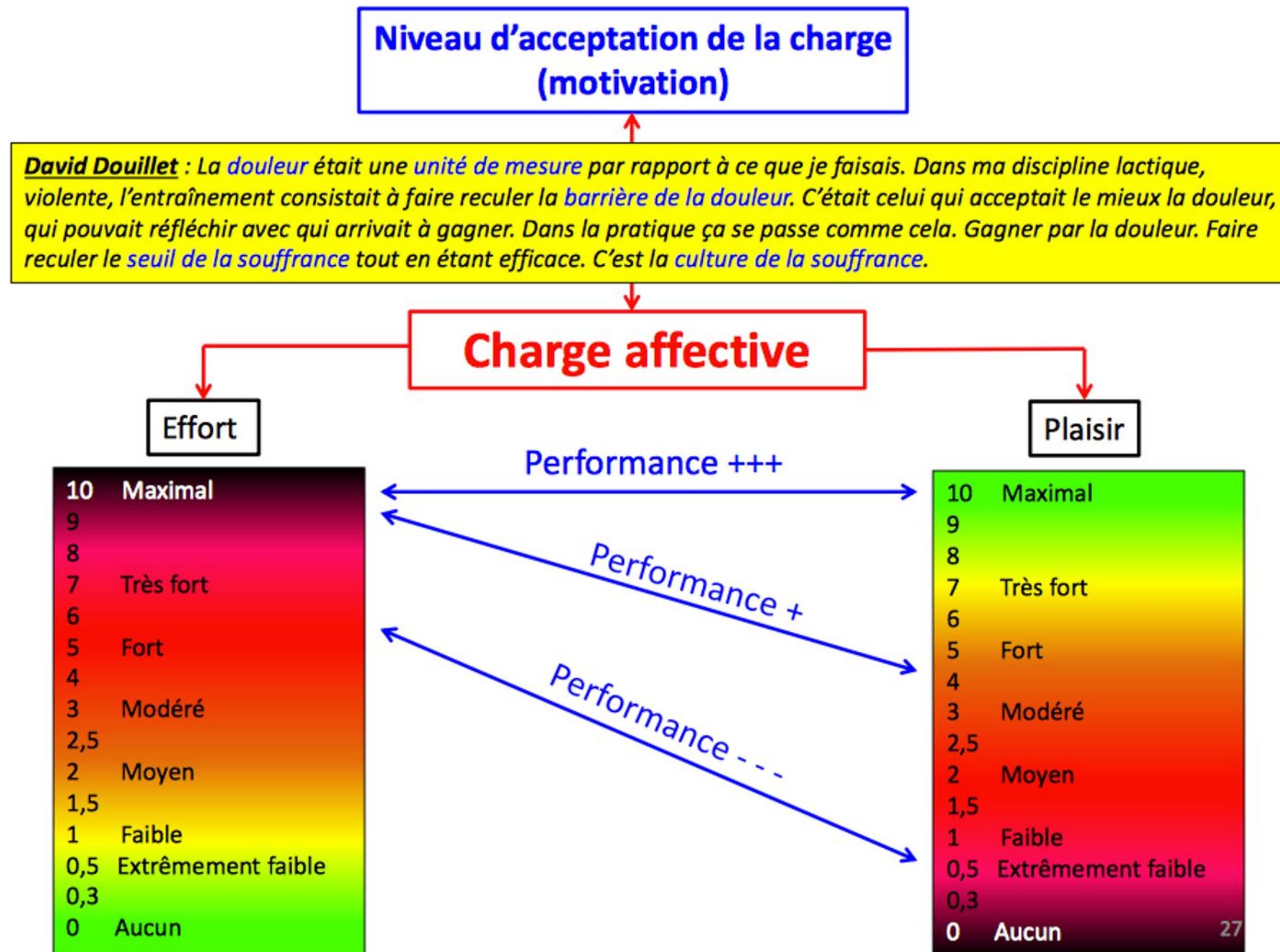
Effort



Plaisir



Baron B, Grappe F, Gros Lambert A: The Global Model of Pacing Process for Long and Ultra-Long Distance. Psychology, 2018, 9, 2837-2850



Baron B, Grappe F, Gros Lambert A: The Global Model of Pacing Process for Long and Ultra-Long Distance. *Psychology*, 2018, 9, 2837-2850.

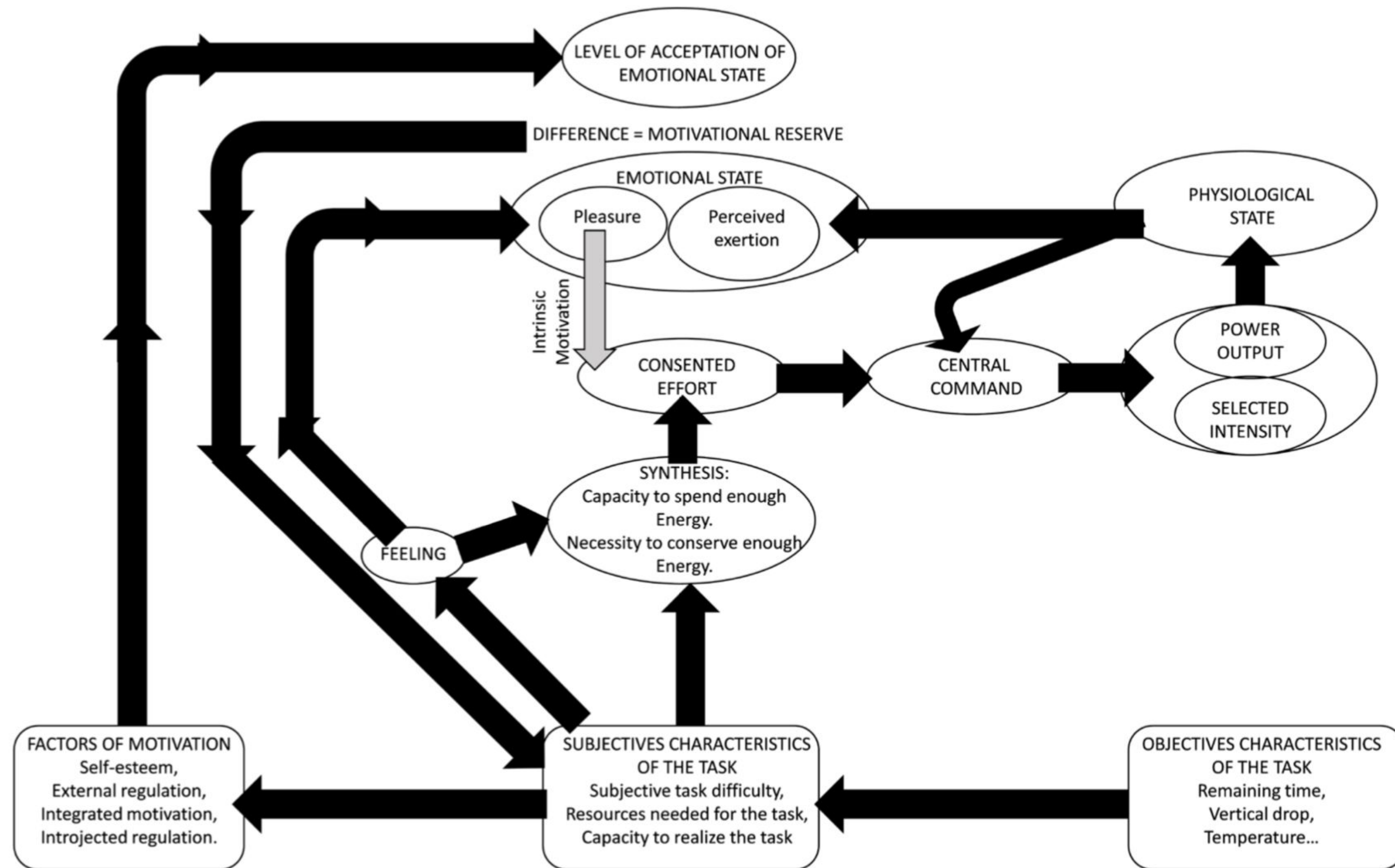


Figure 1. The global model of pacing process.

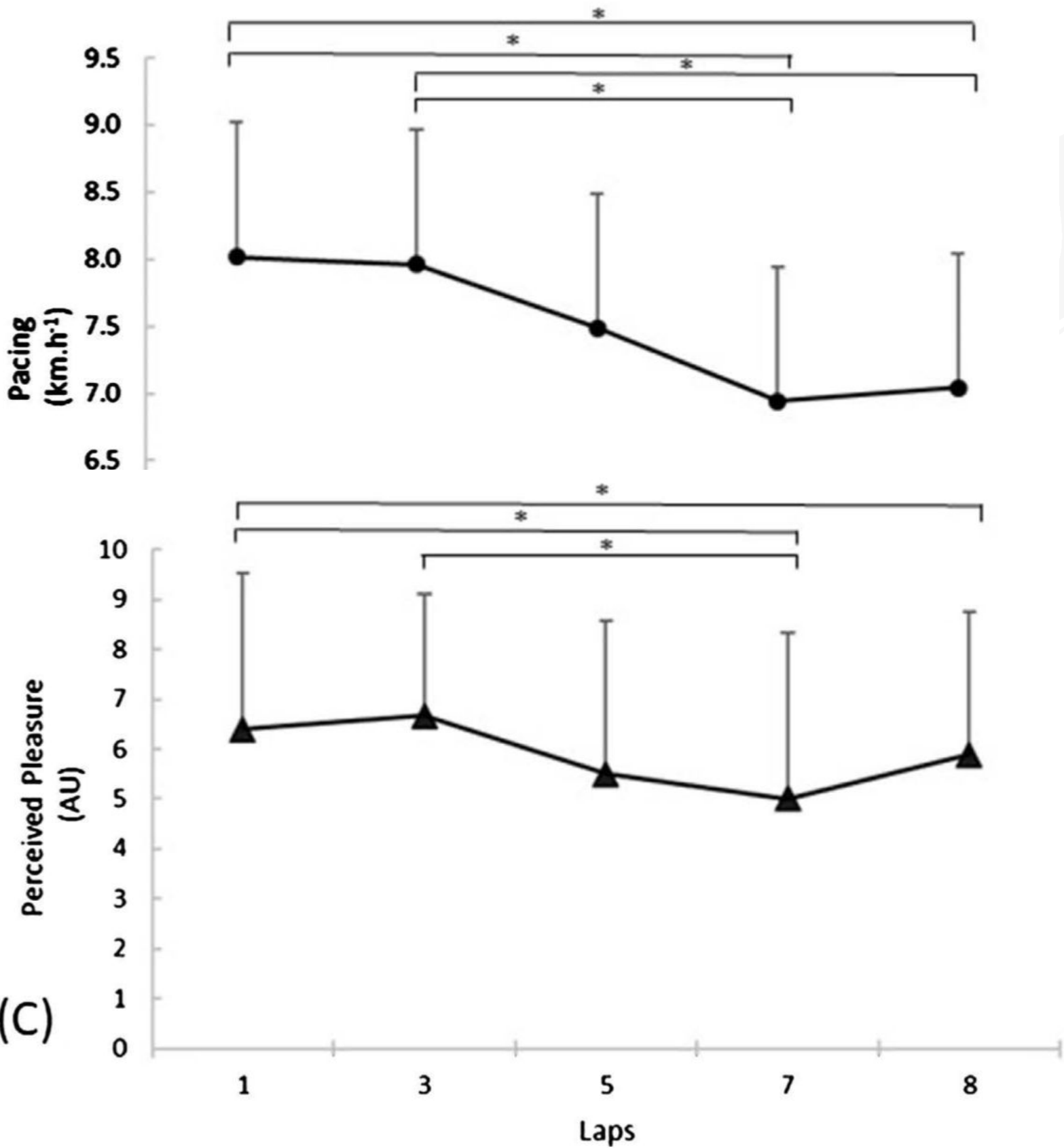
Groslambert A, Baron B, Ouvrad T, Desmoulins L, Lacroix E, Gimenez P, Grosprêtre S, Grappe F: Influencing Factors of Pacing Variations and Performance in a 44-Kilometer Mountain Trail Race. *Advances in Physical Education*, 2022, 10, 81-96.



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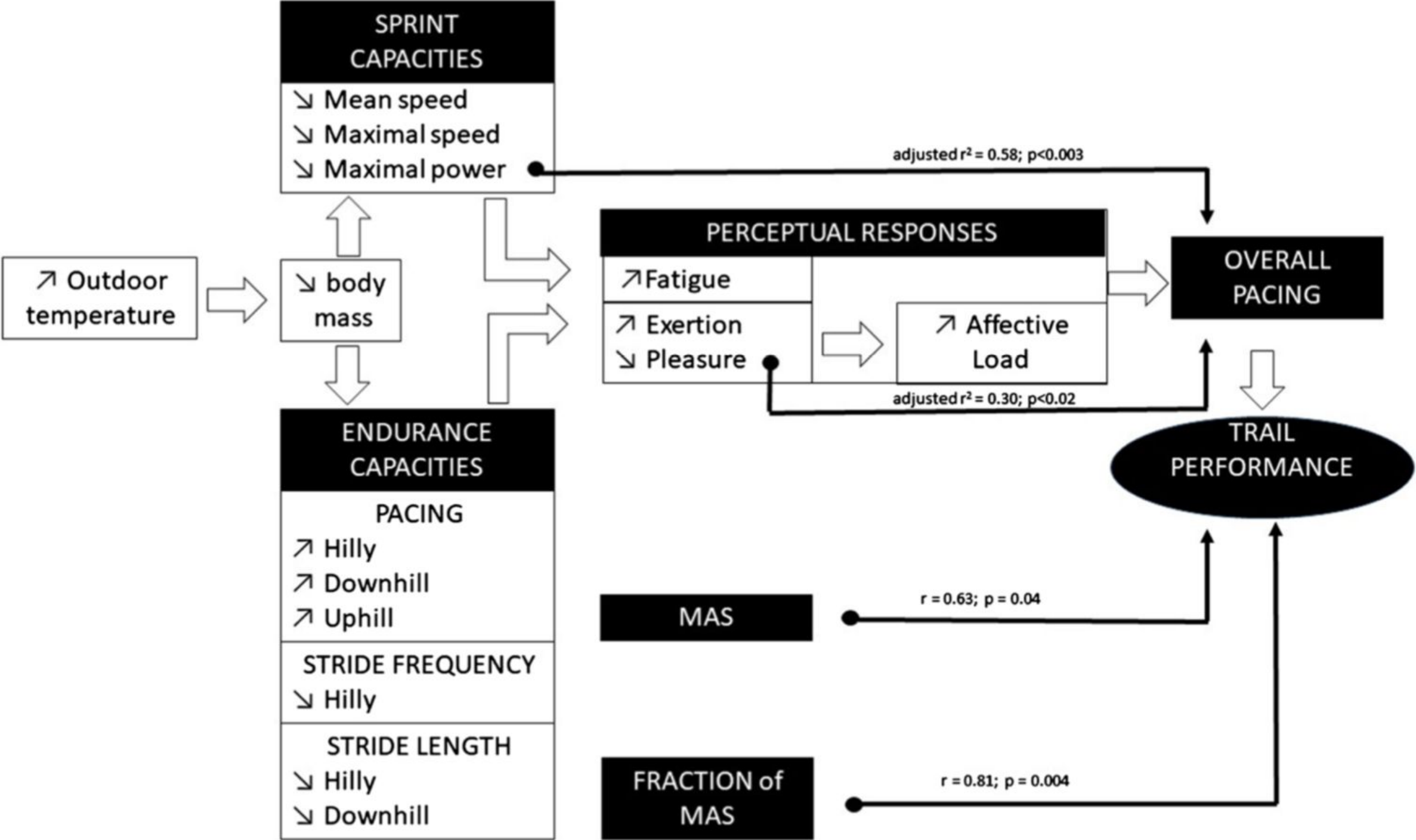
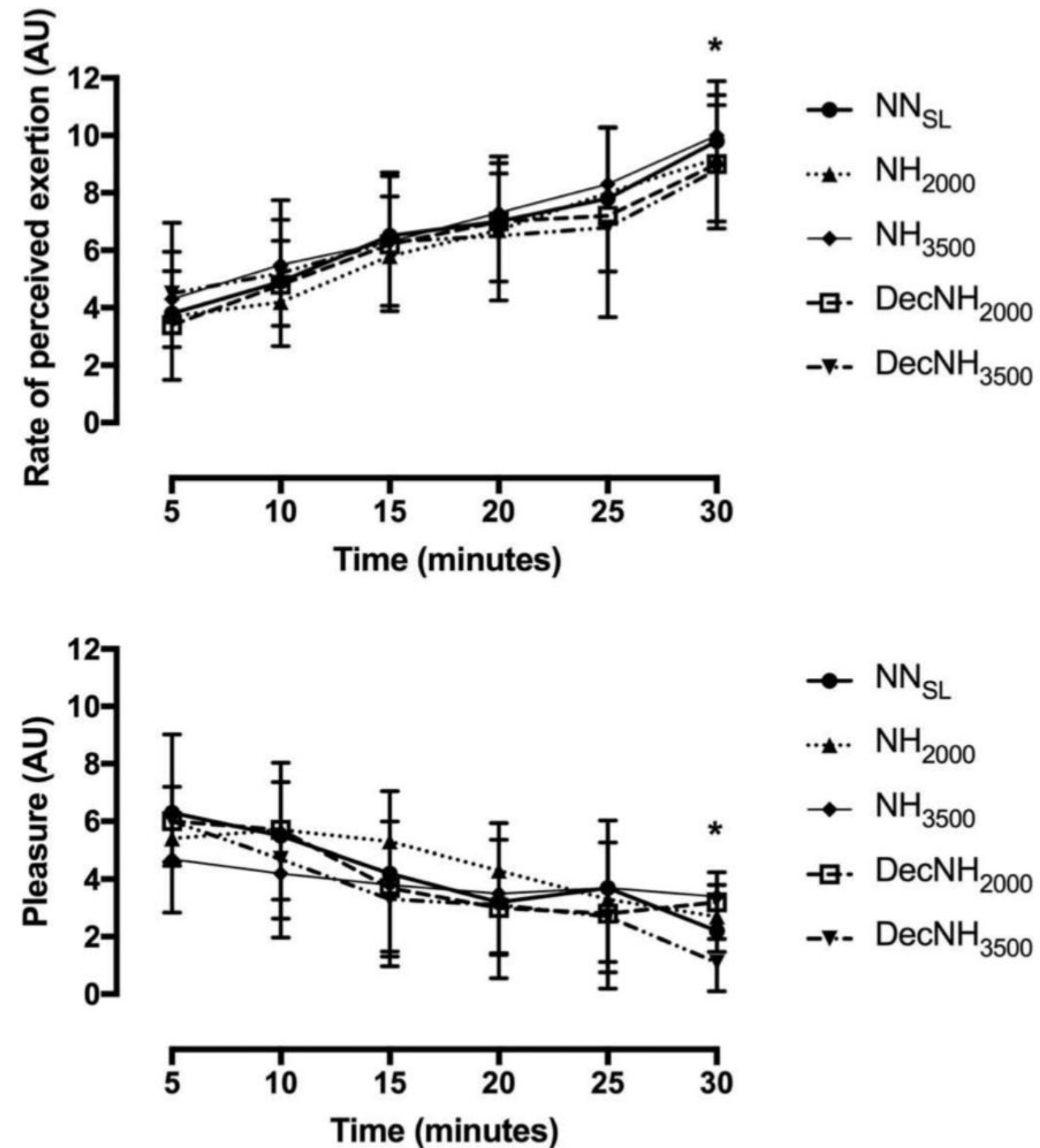
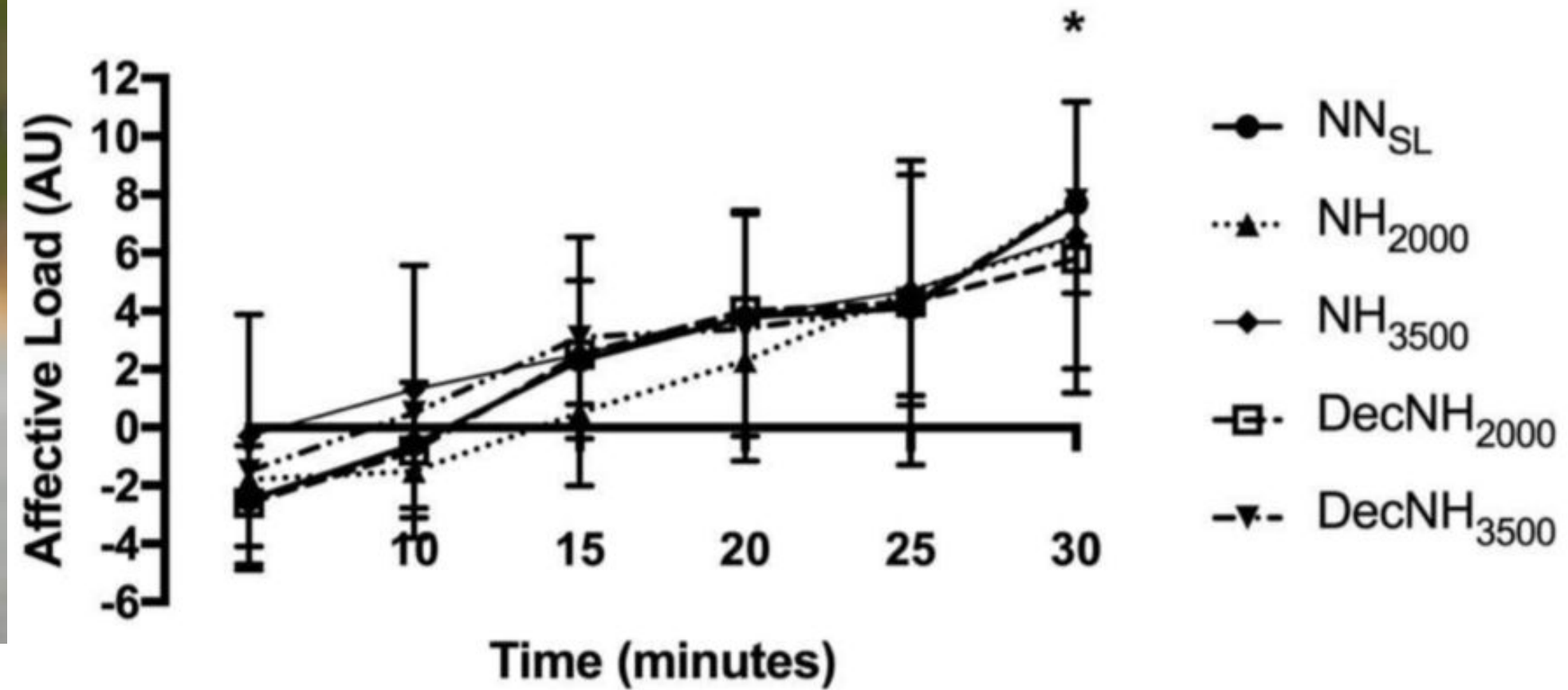


Figure 4. Holistic model of the biomechanical, physical and perceptual responses and the influencing factors of overall pacing and trail performance during an “S” mountain running trail race performed in a tropical environment. MAS: Maximal Aerobic Speed.

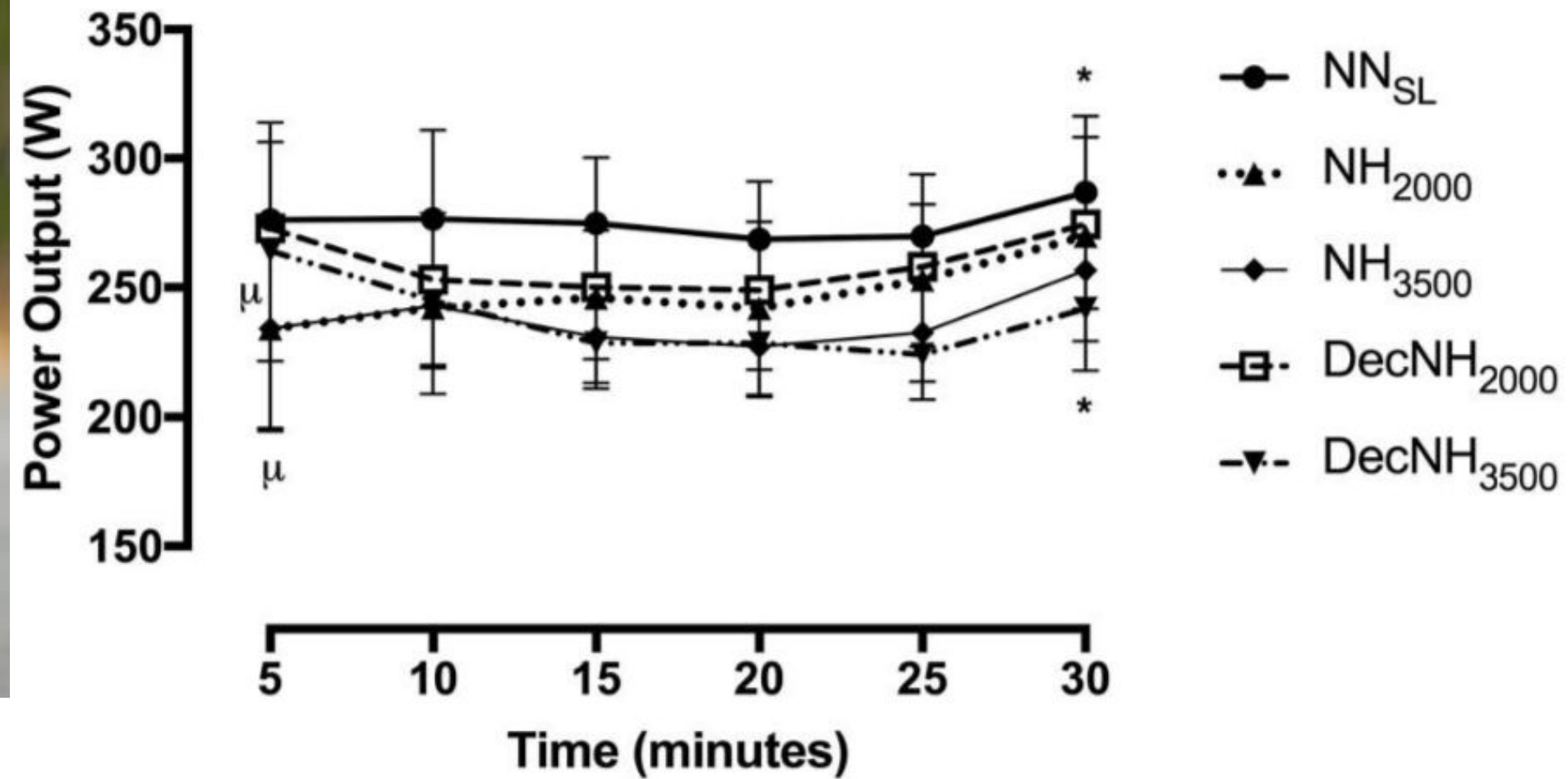
Abel A, Baron B, Grappe F, Francaux M. Effect of environmental feedbacks on pacing strategy and affective load during a self-paced 30 min cycling time trial, *Journal of Sports Sciences*, 2019; 37:3, 291-297



Abel A, Baron B, Grappe F, Francaux M. Effect of environmental feedbacks on pacing strategy and affective load during a self-paced 30 min cycling time trial, Journal of Sports Sciences, 2019; 37:3, 291-297



Abel A, Baron B, Grappe F, Francaux M. Effect of environmental feedbacks on pacing strategy and affective load during a self-paced 30 min cycling time trial, Journal of Sports Sciences, 2019; 37:3, 291-297





Du Sport

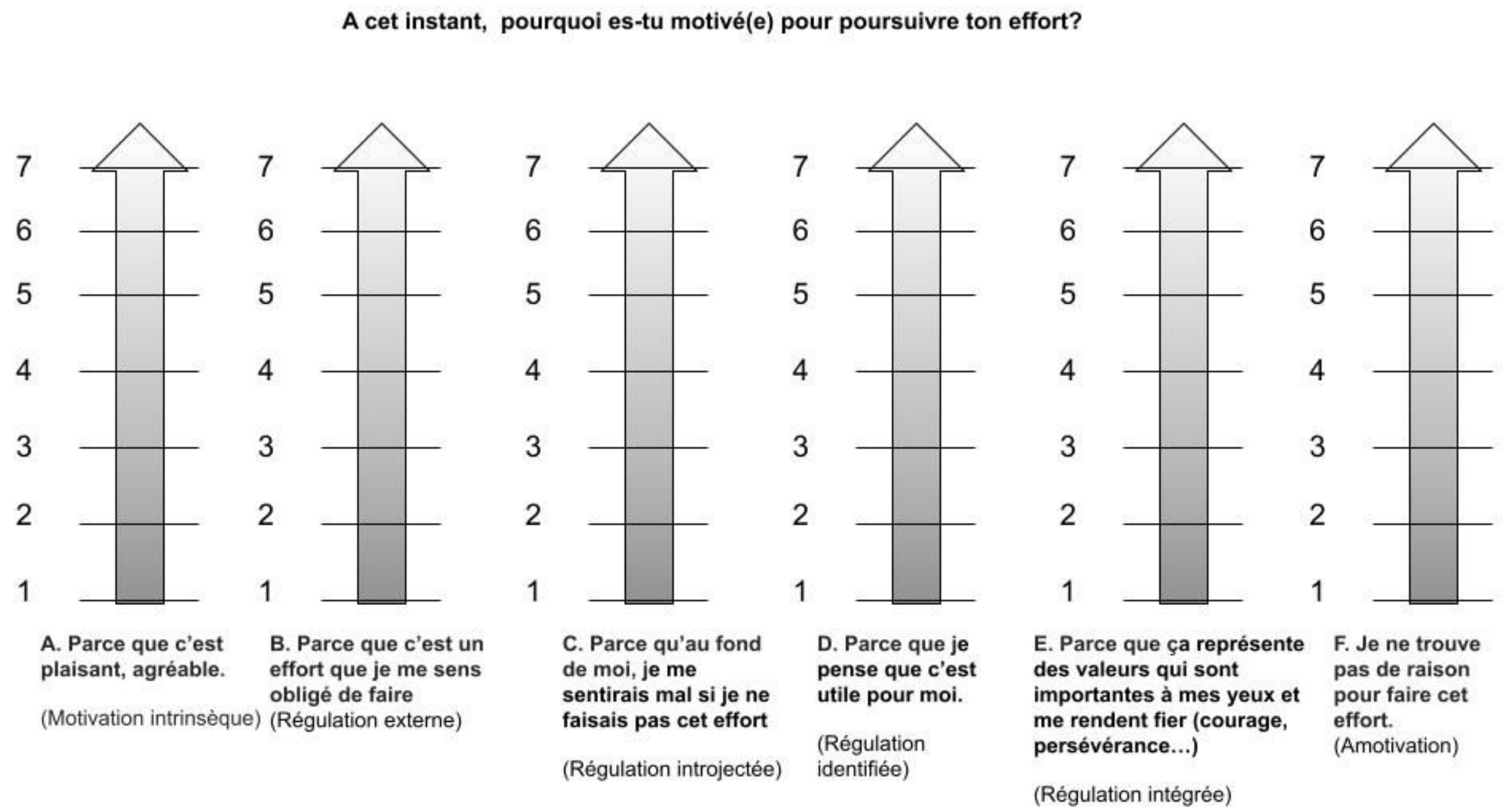
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La motivation à l'effort.

3



Baron B, Gros Lambert A, Grappe F: Using a Multidimensional Motivation's Scale during Effort to Understand How Motivation Evolves with Intensity and Fatigue. Advances in Physical Education, 2022, 12, 372-388.



1 = Ne correspond pas du tout; 2 = Correspond très peu; 3 = Correspond un peu; 4 = Correspond moyennement; 5 = Correspond assez
6 = Correspond beaucoup; 7 = Correspond exactement

Baron B, Gros Lambert A, Grappe F: Using a Multidimensional Motivation's Scale during Effort to Understand How Motivation Evolves with Intensity and Fatigue. Advances in Physical Education, 2022, 12, 372-388.

Évolution des paramètres motivationnels en fonction de l'intensité d'effort (course).

Paramètres motivationnels	Intensité d'effort 2	Intensité d'effort 10	Evolution
Motivation intrinsèque	4,13 ± 2,17	2,70 ± 2,10	- 34,6%
Motivation intégrée	4,27 ± 2,01	5,01 ± 2,20	+ 17,3%

Évolution des paramètres motivationnels en fonction du temps d'effort (squats jumps).

Paramètres motivationnels	25% du temps	100% du temps	Evolution
Motivation intrinsèque	5,11 ± 1,62	0,96 ± 0,69	- 81,2%
Motivation externe	3,71 ± 1,58	2,50 ± 1,60	- 32,6%
Motivation identifiée	4,96 ± 1,43	3,11 ± 1,69	- 37,3%
Somme des motivations	22,57 ± 6,70	13,57 ± 5,75	- 39,9%