



Sustainability, Motivation and the Teaching-Learning Process in Physical Education and Sport

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Message from the Collection Editors

The aim of any learning process must include the sustainability of the learning outcomes over time. When considering these learning outcomes, motivation is a crucial influential factor in the subject's behavior and, together with the application of different teaching methods, will determine the success (adherence) or failure (drop out) of the practice of physical activity and sport.

The purpose of this Special Issue of *Sustainability* is to gather the scientific progress on the importance of the application of different teaching methodologies as well as the development of motivational processes in the educational context (primary, secondary, and higher education) and in the extracurricular sports context. To consider these issues, the academic performance of students in the classroom could be analyzed alongside the social, emotional, cognitive, and biological aspects that determine the commitment to physical exercise and sports.





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