

# Positive Psychology and Cognitive Behavioral Therapy

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## School physical education: Welfare, motivation and positive psychology

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This study is a reflection about part of the theoretical foundation of the doctoral thesis “The process of construction of welfare and quality of life during training in Physical Education and future prospects in the direction of Positive Psychology” and the discussions among the authors. It can be characterized as a bibliographical study. Despite its importance for learning, motivation rarely receives due attention of teachers and researchers. Now with the flourishing of the Positive Psychology study area it appears a new study that can discuss the importance of knowing better and give intentional application of motivational concepts and practices, under the influence of positive aspects that favors the development of classes at school for students during their education process. In this perspective, the teacher must recognize not only planning topics such as methodology, content, evaluation and objectives, but also consider the emotional and motivational dimension of its operations; and teachers search through his/her strategies to establish links that contribute to personal flourishing. Therefore, it is evident the need to analyze the scenarios of which our students come from and to what we want to empower on them, also at the same time, not forgetting the specific topics above, we will be able to have more enjoyable environments in our schools/colleges, as well of partakers and helping children, youth and today, many adults who seek sense of being in our educational settings, through the construction of a health project aimed at the maximum possible development of human potential, contributing on a creative and innovative way into the common welfare.

## Biography

Claus Dieter Stobäus is graduated in Medicine and completed his PhD in Education in 1989 at Universidade Federal do Rio Grande do Sul, Brazil and Post-doctoral studies at Universidad Autónoma de Madrid, Spain, 2000. He is a teacher of Graduate Programs in Education and in Biomedical Gerontology, Pontifícia Universidade Católica do Rio Grande do Sul, Brazil.

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