

## SOME BASIC ELEMENTS FOR A POSSIBLE CLASSIFICATION OF MOTOR ACTIVITIES

### **Abstract**

*This theoretical research identifies some useful elements for a possible classification of motor and sports activities regarding to: their specific purposes, the environment, the type of participation and the choice of practice. Because of the great variety and systemic complexity that characterizes motor and sports activities the aim is not only to define categories able to describe and recognize motor and sports activities but also to identify the most suitable research approach to the study to motor and sports activities according to specific peculiarities that characterize every single one of them. The research was carried out through a review of literature about classifications of motor and sports activities regarding the above mentioned variables. In literature were found some relevant and satisfying inclusion criteria functional to the aim of research. The results have provided some useful elements to create a classification as a framework to facilitate research studies aimed to investigate on motor and sports practices.*

**Key words:** *motor activities, sports, classification, environment, purposes, participation, choice of practices*

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