

Name \_\_\_\_\_

Class \_\_\_\_\_

## 1.5 Mental Preparation for Performance



<b>Topic</b>	<b>Description from Specification</b>	<b>Pupil comments – How confident do you feel on this topic?</b>
Arousal	Definition of arousal.	
Inverted-U theory	<p>The shape of the ‘inverted-U’ placed appropriately in a graph depicting y axis (performance level – low to high) and x axis (arousal level – low to high).</p> <p>Students should be taught to draw an inverted-U graph with both x and y axis appropriately labelled. Describe the inverted-U graph. The relationship between arousal level and performance level, eg when under aroused, performance level is low/under or over arousal causing low performance levels.</p>	
How optimal arousal levels vary according to the skill being performed in a physical activity or sport	<p>Link appropriate arousal level (high/low) to gross/fine skills in sporting actions.</p> <p>Link skills (not sports) to an appropriate arousal level, eg a tackle in rugby will need a high arousal level.</p>	
How arousal can be controlled using Stress Management Techniques before or during a sporting performance	<p>Knowledge of the following stress management techniques: Deep breathing, mental rehearsal/visualisation/imagery, positive self-talk.</p> <p>Students should be taught to explain how these techniques are carried out, using sporting examples.</p>	
Understand the difference between direct and indirect aggression with application to specific sporting examples	Definition of direct and indirect aggression. Students should be taught to know the meaning of the terms direct and indirect aggression, and be able to suggest examples of direct/indirect aggression in sport.	

<p>Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types</p>	<p>Characteristics of an introvert: Shy/quiet, thoughtful, enjoy being on their own/loner. Tend to play individual sports when: Concentration/precision (fine skill) is required, low arousal is required.</p> <p>Characteristics of an extrovert: Enjoy interaction with others/sociable/aroused by others, enthusiastic/talkative, prone to boredom when isolated/by themselves. Tend to play team sports when: There is a fast pace, concentration may need to be low, gross skills are used.</p>	
<p>Definition of intrinsic and extrinsic motivation, as used in sporting examples</p>	<p>Intrinsic is from within – for pride/self-satisfaction/personal achievement.</p> <p>Extrinsic is: From another source/person. Tangible – certificates/trophies, medals. Intangible – praise/feedback/applause.</p> <p>Students should be taught to explain appropriate examples of intrinsic and extrinsic motivation linked to sporting examples.</p>	
<p>Evaluation of the merits of intrinsic and extrinsic motivation in sport</p>	<p>Intrinsic is generally deemed more effective. Overuse of extrinsic can undermine the strength of intrinsic. Performer can become reliant on extrinsic.</p> <p>Intrinsic is more likely to lead to continued effort and participation. Extrinsic rewards may result in feelings of pride/self-satisfaction</p>	

**Arousal:**

**Arousal** is a physical and mental state of alertness, varying from deep sleep to intense excitement. Anybody who has regularly participated in sport will understand that arousal levels can vary before and throughout sporting performance.

When have you experienced higher-than-normal levels of arousal during sport? How do you know that your arousal levels were high?

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Arousal levels can increase if a match or performance is given a heightened sense of importance, for example a cup final or a local derby. Name five other factors that you think could lead to higher levels of arousal in sport.

- 1.
- 2.
- 3.
- 4.
- 5.

Arousal is important to give competitors some degree of drive and the right amount of arousal can increase performance greatly. However too much arousal can cause problems in sport. The following sports people can be seen to have suffered the consequences of being over-aroused during sporting performance. Use your knowledge or research to explain what happened to each performer.

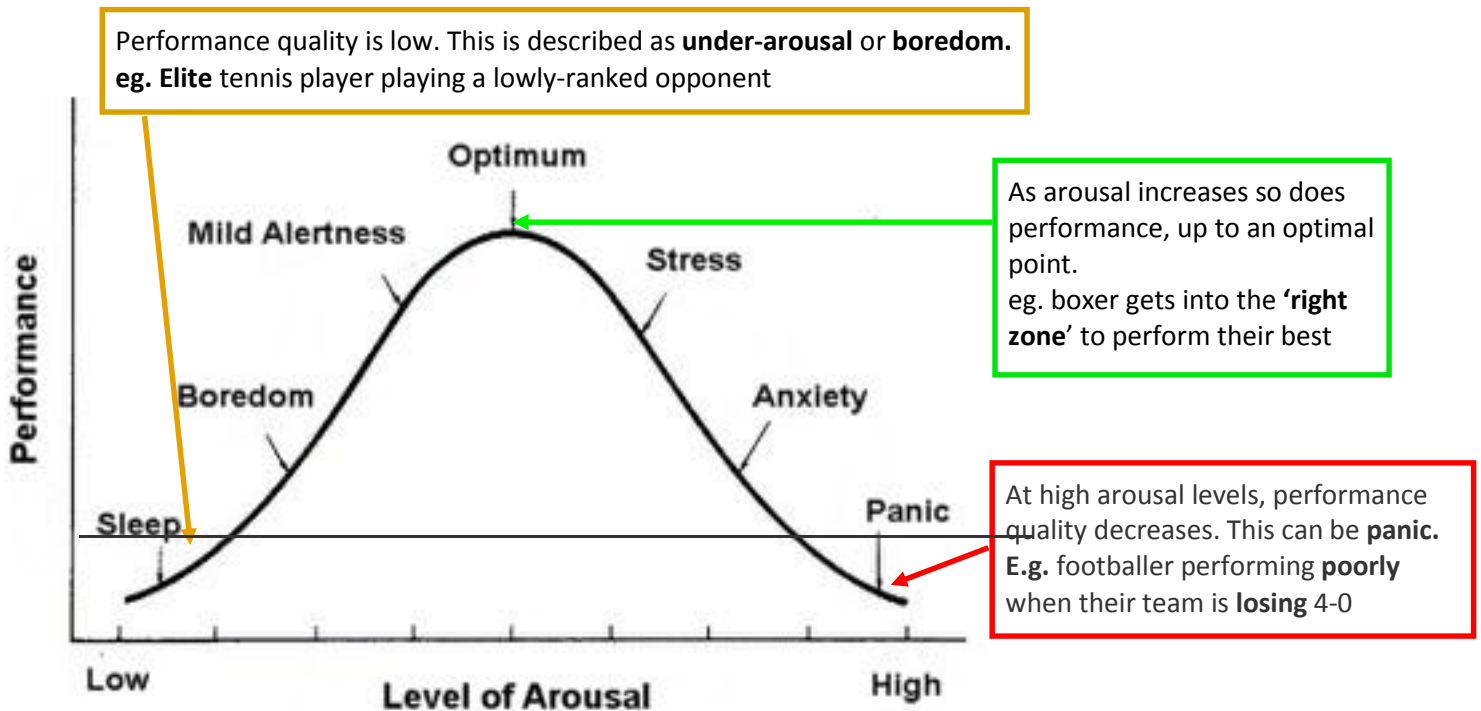
Name	Picture	Year/Event	What happened?
Rory Mcilroy (Golf)		2011	
Loris Karius (Football)		2018	
Ben Flower (Rugby League)		2014	
Tony Fleet (Darts)		2010	

### Inverted U Theory of Arousal:

This theory states that as arousal increases, performance increases, up to an 'optimal point of arousal'. If arousal continues beyond this point, performance will slowly decrease.

The inverted U graph can be found below. Label the X and Y axis before reading about what happens at each stage.

### Inverted U graph



### Optimal Arousal and Activity Type

Different activities and skills require different levels of arousal. Use the words below to fill in the gaps.

Putting in golf	Tackling in rugby	Sprinting	Snooker shots
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Fine movements & **complex** skills (large amount of attention) require a **lower** arousal level  
For example \_\_\_\_\_ and \_\_\_\_\_.

Skills which involve speed or strength require higher arousal level. For example  
\_\_\_\_\_ and \_\_\_\_\_.

Sometimes arousal levels need to be changed within the same performance. A fly-half in rugby needs higher arousal when making a big hit compared to when they take a penalty kick when calmness would be beneficial.

Name a sport that you regularly take part in:

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Name a skill within this sport and explain why it requires lower levels of arousal.

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Name a skill within this sport and explain why it requires higher levels of arousal.

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A cricketer regularly scores highly for their County but continues to get low scores in International matches. Using your knowledge of the Inverted U theory of arousal, explain why this pattern might be occurring.

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**Controlling Arousal:**

Performers are often required to control their arousal, to make sure that it doesn't get too high. To do this they can use the following **Stress Management Techniques**.

**Deep Breathing:**

Physical method. Involves taking slow, deep breaths in order to slow down heart rate and reduce anxiety.

Physical = Relating to the body  
Cognitive = Relating to the mind

**Positive Self-Talk:**

Cognitive method. Giving yourself positive instructions in order to remain focused on the task e.g. telling yourself you are going to score a penalty in football. Useful when learning new skills or in challenging situations.

**Mental Rehearsal/Visualisation/Imagery:**

Cognitive method. A technique in which the performer imagines/visualises themselves being successful in their performance. The performer may recreate a good past performance in their mind or may 'make up' a positive new experience. For example before taking a penalty a footballer might picture the ball hitting the back of the net.

Having spent many years as number 1 in the World rankings, Tiger Woods is now at number 88. Give two ways he could use visualisation to improve in competitions in order to move up in the World Rankings. **(4 marks)**

Sample Exam Questions

- 1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
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A Formula One driver is suffering from low self-esteem following a crash. Explain one way that they can use mental rehearsal in order to improve their performance. **(2 marks)**

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A tennis player is anxious whilst serving to win an important match. Explain how they can use Positive Self-Talk to help them to serve out the match successfully. **(2 marks)**

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**Motivation:**

Motivation for taking part in sport can be seen as intrinsic or extrinsic.

Intrinsic motivation comes from within whereas extrinsic motivation comes from an outside source.

Use the descriptors given to fill in the table below.



INTRINSIC MOTIVATION	
EXTRINSIC MOTIVATION	

Performers can become over-reliant on extrinsic motivation and it may ultimately begin to wear off. Performers who participate in sport for long periods of time will often have a degree of intrinsic motivation which leads to **self-satisfaction/pride in performance**.

Can you give an example of a time when you have been motivated intrinsically or extrinsically within sport?

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The winners of the FA Women's Super League win a trophy at the end of the season.

Evaluate the use of a trophy as a form of motivation. **(3 marks)**

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## Personality Types

Different personality types will often suit different sports.

**Introverts** - **Shy, thoughtful, enjoy being alone**, they prefer sports which involve:

- Concentration and Precision
- Self-motivation
- Intricate skills/ closed skills
- Perform better with low arousal levels - Coaches and team mates need to allow them to stay calm and focused. Too much stimulation will cause them to be over-aroused and they will not perform well.
- Individual performances
- E.g. archery, golf and snooker

**Extroverts** - **Sociable, enthusiastic/talkative**, prone to **boredom** if alone, prefer sports which are:

- Exciting and fast paced
- Team sports
- Perform better with high arousal levels - Coaches and team mates need to keep them 'excited'
- Large, simple motor skills/open skills
- Low concentration
- E.g. rugby and boxing

### Research Task:

Now you know a bit more about introverts/extroverts, using the information above, complete your own research to find strong examples of one introvert and one extrovert from the Sporting World. Use the next page to:

1. Give some background information as to who the performer is
2. Explain in detail why their personality type suits their particular sport
3. Give examples of other sports that this performer would also suit

**Introvert Example:**

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**Extrovert Example**

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**Aggression** is a deliberate intent to harm or injure another person. It can be physical or mental and is used to **intimidate** opponents.

**Indirect aggression** does not involve physical contact. The aggression is taken out on an object to gain advantage, eg hitting a tennis ball hard during a rally.

**Direct aggression** involves physical contact with others, e.g. a punch.

Give an example of a time that you have shown indirect aggression during sport.

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Give an example of a time that you have shown direct aggression during sport.

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A tennis player has decided to smash their racket against the ground following a bad shot. Discuss whether you think this act of indirect aggression will help or hinder their performance throughout the rest of the match.

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The following sports people have all been involved in aggressive acts. Use your knowledge or research to explain what happened to each performer. Make sure you highlight whether their aggression was direct or indirect.

Name	Picture	Year/Event	What happened?
Eric Cantona		1995	
Denis Shapovalov		2017	
Mike Tyson		1997	
Henrik Stenson		2014	

Aggression can be mental as well as physical. Give an example of an aggressive act in sport which could be deemed as mental.

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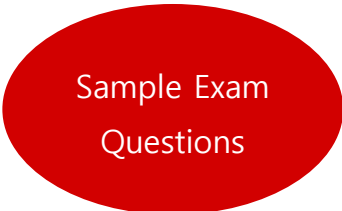


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Describe what is meant by the following terms.  
Use an **example** in your answer.



**i) Direct Aggression (2 marks)**

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**ii) Indirect Aggression (2 marks)**

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Name **two** stress management techniques **and** explain how they could be used to control arousal in named sporting activities of your choice. **(4 marks)**

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Give an example of a sport which would suit the following personality types. Explain your answer.

**iii) Introvert (2 marks)**

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**ii) Extrovert (2 marks)**

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**Key Terms:**

**Arousal** – A physical or mental state of alertness, varying from deep sleep to intense excitement

**Optimal Point of Arousal** – The point of arousal on the Inverted U Graph that produces optimal performance

**Stress Management Techniques** – Used by sports performers to bring down heart rate and control arousal

**Aggression** – A deliberate intent to harm or injure another person, which can be physical or mental

**Direct Aggression** – Aggressive act which involves physical contact with others e.g. a punch

**Indirect Aggression** – Does not involve physical contact. The aggression is taken out on an object

**Introvert** – A quiet, passive, reserved, shy personality type, usually associated with individual sports performance

**Extrovert** – Sociable, active, talkative, out-going personality type usually associated with team sports players

**Intrinsic Motivation** – Motivation that comes from within, resulting in pride and self-satisfaction

**Extrinsic Motivation** – Motivation that comes from an outside source such as a coach

**Tangible** – Something that can be touched

**Intangible** – Not having physical presence/unable to be touched