

Name: \_\_\_\_\_

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## 1.5 Mental Preparation for Performance

Date:

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**Time:** 40 minutes

**Total marks available:** 30

**Total marks achieved:** \_\_\_\_\_

**Percentage:** \_\_\_\_\_

**Q1. Define arousal. (1 mark)**

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**Q2.**

i) According to the Inverted U theory of arousal, which of the following skills requires the highest level of arousal? **(1 mark)**

- A** A golf putt
- B** A badminton serve
- C** A rugby tackle
- D** A snooker break

ii) Explain your answer. **(1 mark)**

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**Q3.**

- i) Using the figure below, draw the shape of the Inverted U theory. **(1 mark)**
- ii) Label the X and Y axis on the diagram. **(1 mark)**



**Q4.** Describe the relationship between arousal and performance as shown in the Inverted U theory. **(3 marks)**

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**Q5.** A tennis player feels nervous before serving. Name two stress management techniques that the tennis player could use and explain how they can be used to control arousal in tennis. **(4 marks)**

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**Q6.**

**i)** Define direct aggression and give an example of how it can be used in sport. **(2 marks)**

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**ii)** Define indirect aggression and give an example of how it can be used in sport. **(2 marks)**

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**Q7.**

**i)** Describe two characteristics of an introvert and explain what kind of sports they are likely to participate in. **(3 marks)**

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**ii)** Describe two characteristics of an extrovert and explain what kind of sports they are likely to participate in. **(3 marks)**

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**Q8.** Louise and Mariam are both netballers. Louise is described as an introvert whereas Mariam is an extrovert. Explain how each player's personality type will affect their optimal point of arousal. **(2 marks)**

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**End of Test**