

Keywords

Word	Definition
Arousal	A level of activation, a degree of readiness to perform
Dominant response	The stand-out response that the performer thinks is correct
Somatic anxiety	Physiological anxiety
Cognitive anxiety	Psychological anxiety
Zone	Area of controlled arousal and high level performance
Peak flow	The ultimate intrinsic experience felt by athletes from a positive mental attitude, with supreme confidence, focus and efficiency

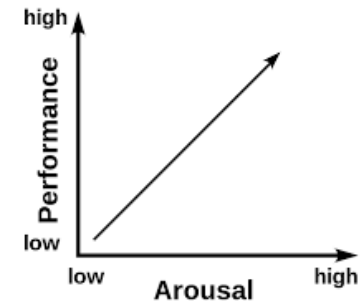
Key skills

- Examine and evaluate the psychological theories and concepts that help to explain arousal levels and the effect on performance in sport.

Arousal theories

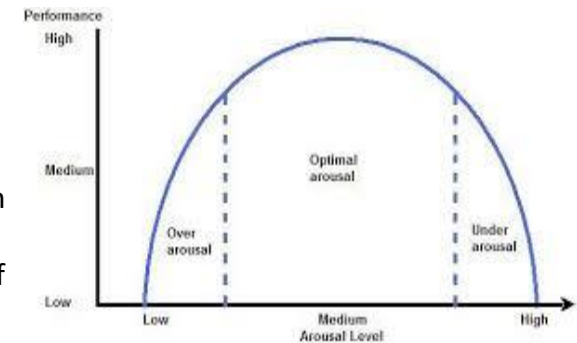
Drive theory

As arousal increases, so does performance

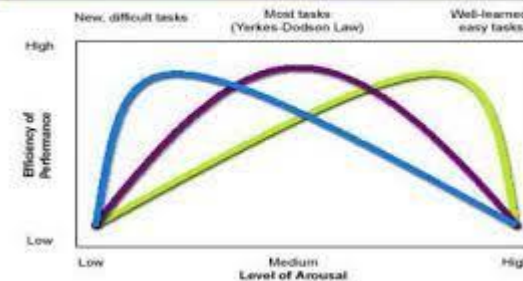


Inverted U Theory

Theory linking arousal and performance by stating that increased arousal improves performance to an optimal point at moderate levels of arousal



Arousal and Performance : The Yerkes-Dodson Law

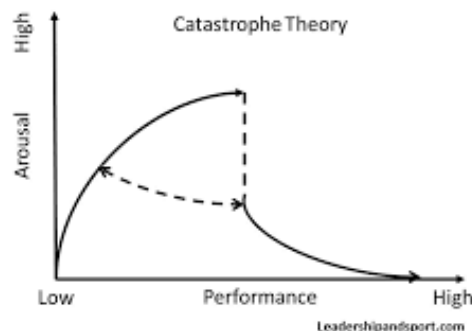


Adaptations to the inverted-U theory showing how the task and the performer can affect the optimal level of arousal for best performance.

Catastrophe Theory and the Zone of optimal functioning

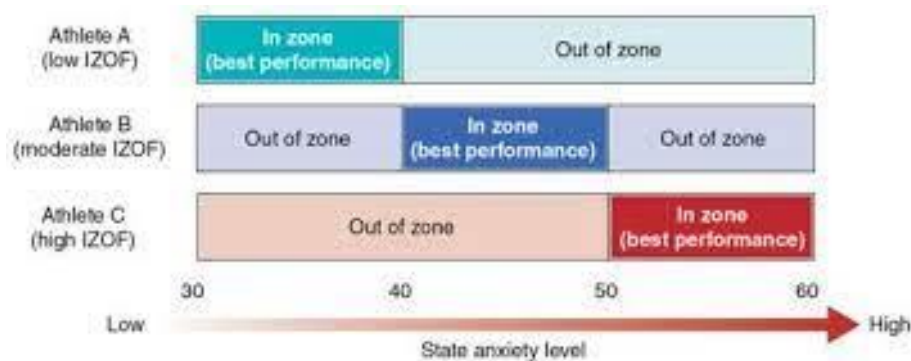
Catastrophe Theory

Theory suggesting that increased arousal improves performance to an optimal point but there is a dramatic reduction in performance when arousal increases beyond the optimal



The zone of optimal functioning

Hanin suggested that increases in arousal can improve performance and that the optimal level of arousal does vary for individual players but rather than a point of optimal arousal, the best level of arousal for maximum confidence and control in sport is an area, or '**zone**'.



Peak flow

The peak flow is an extension of the feelings and performance levels experienced in the zone. It happens to sports performers when timing, action and movement appear to be perfect.

Factors affecting the peak flow experience;

1. Poor mental preparation and the failure to reach optimal arousal levels
2. Environmental influences such as the pressure from the crowd or the frustration caused by a referee decision.
3. The effect of injury or fatigue during the game will also stop the player keeping up with the flow experience.

Pathway

Previous knowledge: Personality, attitude, achievement motivation, confidence and self-efficacy, attribution, social facilitation and inhibition, arousal.

Future links: Anxiety, stress management, aggression, leadership, group dynamics, goal setting.

Careers: from curriculum narratives

Cross curricular links