

SPORT PSYCHOLOGY

61 pages

OPTIMISING PERFORMANCE

INTRODUCTION

THE PSYCHOLOGY OF PERFORMANCE AND ITS OPTIMISATION IS EXAMINED THROUGH A NUMBER OF TASKS WHERE INFORMATION IS PRESENTED WITH EMBEDDED QUESTIONS & ANSWERS, WHICH REINFORCE LEARNING & PROVIDED FEEDBACK ON PROGRESS.

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A Anxiety & Goal Setting

General Considerations and Objectives

- 1 To enable students to investigate anxiety and its control
- 2 To investigate the different types of anxiety
- 3 To permit students to use this knowledge in describing a performance

Tasks

In this study pack you will find a range of tasks that require the students to develop their knowledge anxiety and its control

They will need to

- 1 Understand the essential terminology used to describe anxiety
- 2 Understand the causes of the different types of anxiety
- 3 Learn the different methods of controlling anxiety
- 4 Be able to apply these principles to observed performance

The main problem with this construct is the misuse of terms. Anxiety, arousal and stress are commonly misused terms that the student needs to clarify. The perception of stress and the control of anxiety are certain to have been part of all students lives either through their own sporting prowess or at the very least through their remembering of the day they opened their GCSE results.

All the tasks involved require the students to work either from the tasks as free-standing units, or to use the tasks as additional reinforcement and/or revision to class-delivered lessons.

Assessment of this work could simply be as answers to the posed questions, or assessed as part of a group's work, or through class discussion.

A list is provided of suitable textbooks. Your centre may also have suitable handouts, posters or videos that will help. The benefit of having the teacher as the ultimate resource cannot be over-emphasised.

Task 1

Read the following materials and answer the questions provided.

Most athletes enter a competition with some concern about their chances of winning. "When an athlete's performance suffers in an important event, it is often too much worry about the outcome....being solely concerned with winning, causes an increase in **anxiety**" (Orlick 1986)

Anxiety has been defined as the negative aspect of experiencing stress. It is the worry that is experienced due to fear of failure. Anxiety is that unpleasant feeling.

- a** What do you understand by the term anxiety?

negative aspect of experiencing stress/worry due to fear of failure

The causes of anxiety vary greatly. For an inexperienced performer an audience at a low-key event might cause the performer to become anxious.

Performing in front of your friends (peers) can be the most stressful situation. You feel that your team mates are evaluating you, even if you are better than they are. Your perceptions of their higher expectations can make you unduly anxious. This has been referred to as **evaluation apprehension**.

Anxiety is seen as having two components - **cognitive** and **somatic**.....We think it and feel it!

- b** In the following passage identify the symptoms of these two components

Paul Smith is a cricketer who confides in his coach that he has a general feeling of anxiety. Paul may be referring to a temporary state in which he feels worried or apprehensive in response to a specific situation, such as a difficult training session, or he may be referring to a more permanent feeling of agitation and uncertainty which he experiences much of the time. It is likely that the coach will perceive his anxiety as a negative influence affecting his ability to concentrate and possibly affecting his energy levels.

Somatic - effects on energy levels; cognitive - feeling worried, agitated, uncertain, inability to concentrate
