

Question 22 (continued)

- (c) Analyse the psychological strategies athletes could employ to enhance performance. 10

The psychological strategies that an athlete could employ to enhance their performance is keeping + stating a positive attitude to themselves + others.

Keeping positive would improve + enhance their performance in ways that they could ^{see} as well as others.

Making themselves feel better about them, feeling healthy + fit to do any thing they desire

This would employ them to stride to their limit to impress others as well as themselves.

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