


## Question 22 (continued)

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

Psychological strategies in relation to motivation, anxiety control & mental rehearsal all can play an important role in enhancing performance.

Arousal is an important part of performance & in this way the inverted U hypothesis is looked at to show how arousal can effect performance.



Athletes can improve their performance by finding ways to reach their optimal arousal. This may mean using relaxation techniques to decrease levels of anxiety, (for example meditation).

Motivation both extrinsic and intrinsic plays a very important role in an athletes performance. An athlete must be motivated in order to reach the optimal performance level.

Mental rehearsal can be a valuable tool in optimising performance as it allows the participant to visualise movements & success as well it makes connections throughout the body ready for action to commence. Many athletes successfully use this approach in their performance.

The effectiveness of such psychological

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## Question 22 (continued)

~~mental rehearsal~~ strategies has been widely recognised over the past few years, with more & more athletes using mental rehearsal to improve their performance.

Sports ~~psychology~~ psychology is an incredibly rapidly growing field showing the acceptance of the psychological affects within sport. In regards to motivation the importance of positive motivation compared to negative motivation has been shown as well as the need for internal motivation in order for a high level of performance.

End of Question 22