

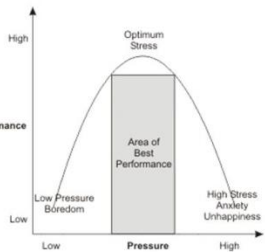


**Subject: Year 9 Core PE Summer 1 Knowledge Organiser**  
**Topic: Sports Psychology**

Types of Anxiety		
	Type & Definition	Impact on Performance
1	<p><b>State Anxiety:</b> A short term anxiety. It is the state of emotional arousal following a perceived threat or other particular reason or circumstance and links to the fight or flight reaction. In short, state anxiety is a temporary condition in response to some perceived threat, such as anxiety prior to speaking in public.</p>	<p>With regards to sport, whilst a moderate level of anxiety or worry can actually ensure that athletes are adequately prepared for performance, high anxiety levels often cause people to perform below their usual standard of performance. An obvious example of this is a penalty shoot-out in football, used to decide tied games in major football competitions. The burden of responsibility on the players chosen to take the penalties frequently lead to spectacular misses as they are unable to handle the pressure.</p>
2	<p><b>Trait Anxiety:</b> A long term anxiety and means the individual has anxiety as a personality trait. This trait refers to individual differences in responding to a situation with state anxiety, which means producing an arousal response. For example, people with higher trait anxiety are more likely to be aroused in certain situations than others.</p>	<p>'Choking' in sport is an extreme symptom of anxiety which occurs due to athletes focusing on the execution of component parts of a skill rather than allowing them to flow automatically, without conscious effort. However, if you accept anxiety as a normal psychological reaction to competition, it will be less likely to affect your performance.</p>

# Inverted U Theory

The inverted U theory is a graph that can be used to show the relation between the performance of a player and the arousal level that individual is at.



The graph line is curved to show that the higher the arousal level is the better the performance UNTIL THE OPTIMUM POINT

After the optimum point the higher arousal level get the worse your performance gets this is known as OVER-AROUSAL.

# Drive Theory (Hull, 1943)

Proposed a linear relationship between arousal and performance

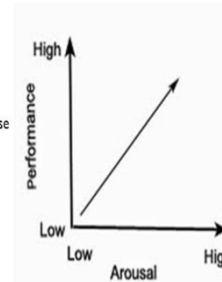
- As arousal increases so will quality of performance

Higher levels of arousal would intensify the dominant response

- For Elite performers this is likely to be correct response
- For beginners likely to be incorrect response

Spence and Spence (1968) adapted it using an equation:-

- Performance = Habit strength x drive



Now considered an inadequate explanation

When arousal reaches a high enough point performance will not improve

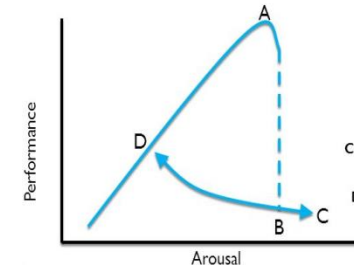
Ronaldo

# Catastrophe theory

Based upon Inverted U theory but differs in what happens during over arousal

- Inverted U suggests gradual decline
- Catastrophe theory suggests much faster and more dramatic decline

More of a model than a theory as it attempts to predict human behaviour rather than explain it



- A- Performer reaches Optimum level of arousal High cognitive anxiety but low Somatic arousal
- B- Performer has sudden reduction in performance High cognitive and High Somatic arousal
- C- Possible that performance will continue to deteriorate
- D- Performer gradually regains control as arousal levels decrease

The worst over ever?

## ASSESSMENT

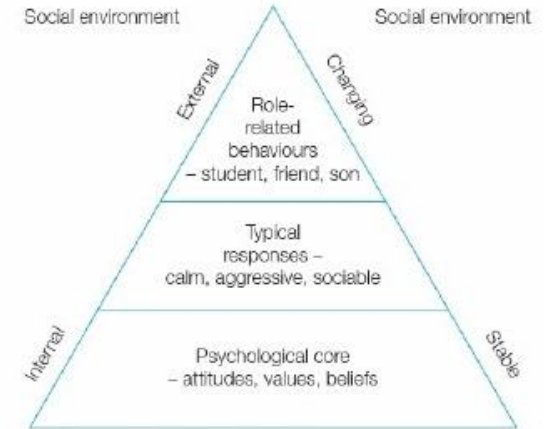
For your end of unit (half term) assessment, you will be required to complete the following task:  
Multiple choice test on the sport psychology



### Types of Personality

	Type & Definition	Impact on Performance
1	<b>Introverts:</b> Tend to be shy, quiet, and don't really share opinions. They prefer calm/quiet environments; tasks which consist of great concentration; and dislike the unexpected.	The sports which introverts may play or take part in are games like golf, which need a high level of concentration and is an individual sport. Another example is snooker, which again takes high concentration and time to line up your shot and is not a team game.
2	<b>Extroverts:</b> The type of people who are outgoing and loud. They also tend to be more confident and like to show off. They get bored quickly; and are poor at tasks that require a lot of concentration.	Extroverts prefer sports like football and rugby because they involve teamwork and hard work. They prefer sports that are fast paced and exciting, and those that sometimes include aggression.

### Views of Personality



### Types of Motivation

	Type & Definition	Impact on Performance
1	<b>Extrinsic Motivation:</b> Is 'external'. People – in this case athletes – are driven to succeed by factors from outside i.e. money, prizes, acclaim, status, praise.	Extrinsically motivated athletes tend to focus on the competitive or performance outcome. An over-emphasis on extrinsic motivation may lead athletes to feel like their behaviour is controlled by the extrinsic rewards.
2	<b>Intrinsic Motivation:</b> Comes from within i.e. an athlete driven by a need to succeed because they want to be the best and are not overly concerned by financial or ego boosts.	The highest level of intrinsic motivation is 'flow' state. Flow is characterised by complete immersion in an activity, to the degree that nothing else matters. During flow, self-consciousness is lost and athletes become one with the activity. For example, a tennis player may describe how their racquet feels like an extension of their arm while they are in flow.

### Views of Motivation Why do we do something?

There are 3 views

- We want to – **trait view**
  - I want to win this friendly match as its important for me to win
- The environment we are in means we should or have to **situational view**
  - I want to win this cup final as it means a lot to everyone to win
- A mixture of the environment and our own belief/desire- **Interactional view**