

Question 22 (continued)

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

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- Mental rehearsal prior to a game/
movement. Eg) a gymnast would
go through the flips in her head before
actually doing them.

- The athlete would try to achieve
'optimum arousal' for the day of
competition/game.

- giving oneself positive 'intrinsic'
motivation would make them feel
more confident.

- If the athlete is feeling nervous or
stressed about a big game etc....
they could use relaxation techniques
to help them relax & focus/concentrate
on their goals.... (goal setting) !!!

(Flotation
meditation)

- Visualisation will help the athlete
mentally prepare & be ready
for a game/event.

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Question 22 (continued)

- If an athlete is having troubles at home or with crowds / sponsors etc..... they could go see a sports psychologist for help.

End of Question 22