

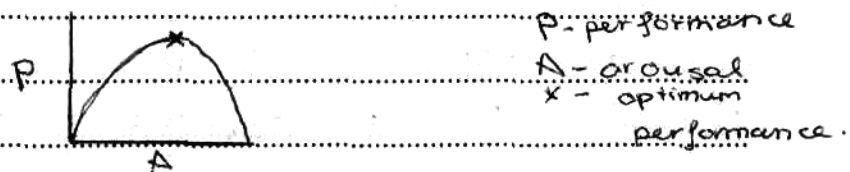
relaxation techniques
 motivation
 arousal → P
 goal setting
 visualisation
 mental rehearsal
 A

Marks

Question 22 (continued)

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

Athletes should mentally prepare themselves for the activity ahead. Psychological techniques such as relaxation, motivation, goal setting, visualisation, and mental rehearsal can assist the athlete to achieve optimum performance. It is essential to maintain a ~~at~~ optimum level of arousal. The inverted U hypothesis indicates the severity to participate in ~~th~~ psychological techniques.



Relaxation techniques like meditation or yoga allow the athlete to concentrate on their breathing, thus not becoming over or under aroused. This is great to clear their mind and focus on the event at hand.

Before an event, setting goals he can boost your ~~to~~ self-esteem and encourage the athlete to perform

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Question 22 (continued)

at their peak. Positive thinking even during the event could maintain the ideal arousal level for an extra kick at the end.

Visualisation mentally prepares the athlete for the demands of the activity. Visualising scenarios and how to ~~assess~~ judge a course of action would help to keep their composure prior to the event and during.

Mental rehearsal provides the athlete the opportunity to go over his or her game plan. Eg. Tennis: If the opponent has a deadly backhand, play to their forehand. During breaks, replay how you could have improved your technique but ~~keep~~ don't become over- or underaroused for it could impact negatively on the athletes performance.

End of Question 22