



Sawtry Village
Academy

GCSE Physical Education → A-level PE
Bridging the gap 2

Sport Psychology - **AROUSAL**

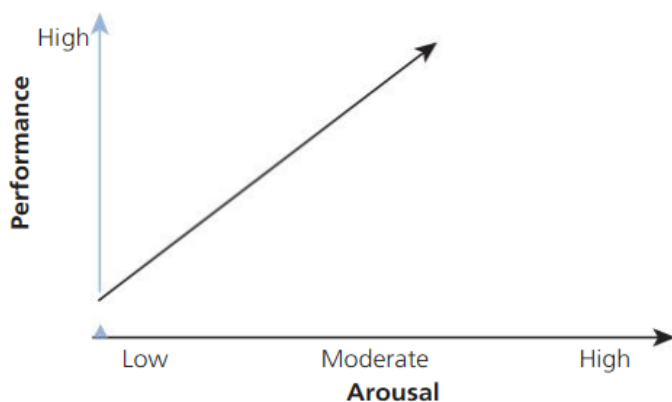


Arousal in sport

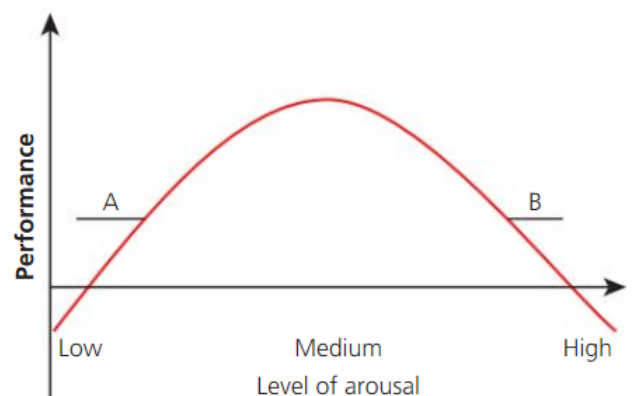
Arousal is an energised state, a readiness to perform, a drive to achieve! It is a state of activation experienced by sports performers before and during competition. Arousal is always present when playing sport. It can vary on a continuum, from being very low and almost sleep-like to very high excitement. Arousal is important to give competitors some degree of drive and enthusiasm, but too much can cause problems in sport. In this section we look at the theories that explain how arousal affects performance.

Increased arousal in sport can be caused by an increase in the level of competition such as the approach of a major game or championship event, by the effect of an audience, especially if the performer is being watched by an expert, and by frustrating circumstances such as not playing well or losing. The theories of arousal and performance are as follows.

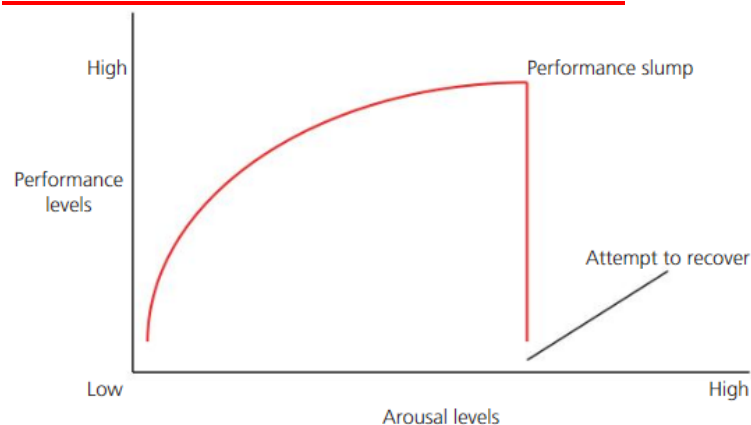
DRIVE THEORY



INVERTED U THEORY



CATASTROPHE THEORY



Arousal is an energised state of readiness to perform.

TASKS

1. Give some examples of situations in sport that may cause high levels of arousal.
2. Research each theory and explain the relationship between arousal and performance.
3. Learn and explain how the level of arousal can have both positive and negative effects on sports performance.
4. Describe within each theory when during performance the right level of arousal is to be maintained for best performance.
5. Describe how different personalities and performers experiences will affect optimum arousal levels.
6. Describe your own personal experiences. When have you experienced arousal in sporting performances? Which theory would you relate to and why?