**Arousal & Anxiety Revision**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Drive** | **Inverted U** | **Catastrophe** |
| **Theories of Arousal**GraphDetailsExplanations |  |  |  |
|  |  |  |  |
| Hanin's Zone of Optimal Functioning |  | Peak Flow |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Cognitive** | **Somatic** | **Trait** | **State** |
| **Anxiety Types**ExamplesHow does it change during lead up to / during competition |  |  |  |  |

|  |  |  |
| --- | --- | --- |
|  | **Examples** | **Problems associated with measure** |
| Questionnaire |  |  |
| Observations |  |  |
| Physiological Measure |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Cognitive Techniques | Descriptions | Cognitive Techniques | Descriptions |
| Imagerymental rehearsal and stress management, attentional control |  | cue utilisationthought stoppingself-talk |  |

|  |  |
| --- | --- |
| Somatic Techniques | Descriptions |
| BiofeedbackCentringBreathing controlProgressive muscle relaxation |  |

**Goal Setting**

|  |  |
| --- | --- |
| Why set goals? |  |
| Principles | Description | Types of Goal | Examples |
| SMARTER |  | ProcessPerformanceProduct (Outcome) |  |