**Arousal & Anxiety Revision**

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|  | **Drive** | **Inverted U** | | **Catastrophe** |
| **Theories of Arousal**  Graph  Details  Explanations |  |  | |  |
|  |  |  | |  |
| Hanin's Zone of Optimal Functioning |  | Peak Flow |  | |

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

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

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| Cognitive Techniques | Descriptions | Cognitive Techniques | Descriptions |
| Imagery  mental rehearsal and stress management,  attentional control |  | cue utilisation  thought stopping  self-talk |  |

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| Somatic Techniques | Descriptions |
| Biofeedback  Centring  Breathing control  Progressive muscle relaxation |  |

**Goal Setting**

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| Why set goals? |  | | |
| Principles | Description | Types of Goal | Examples |
| S  M  A  R  T  E  R |  | Process  Performance  Product (Outcome) |  |