

1.



Goals

BEYOND

2.



Goal-Setting

BEYOND

3.

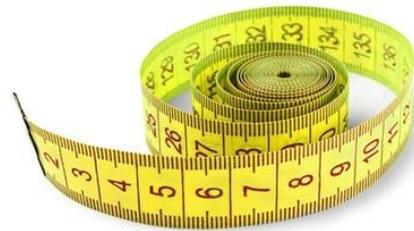
**BE SPECIFIC**



Specific

BEYOND

4.



Measurable

BEYOND

5.



Agreed

BEYOND

6.

**NEW YEARS RESOLUTION**



Realistic

BEYOND

7.



Time-Phased

BEYOND

8.



Exciting

BEYOND

2. Using SMARTER principles.

S- Specific  
M – Measurable  
A – Agreed  
R – Realistic  
T – Time-Phased  
E – Exciting  
R – Recorded

Goals can be short-term, medium-term and long-term.

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1.

A desired aim or outcome; something that you are trying to achieve.

Set yourself one goal for your chosen sport.

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4.

You can measure whether you are making progress towards your goal or have achieved your goal.

Running 5km in 26minutes, can be timed. If the performer doesn't meet that time, they know they have to keep working on their goal. If a performer runs faster than the time, they can readjust their goal.

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3.

Make your goal target specific.

"I want to run faster" is not specific.

"I want to run 5km in 26 minutes" is specific.

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6.

A goal that is too difficult will result in a lack of motivation.

An example of an unrealistic target would be:  
"I want to win the next Tour de France"

A realistic target would be:  
"I want to cycle on part of the route of the Tour de France"

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5.

You and your teacher/coach should discuss your goal and agree on it.

You should make sure your goal is challenging, yet achievable.

Running 5km in 15minutes, might not be realistic or achievable.

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8.

Goals that are exciting and challenging will prevent you from getting bored.

As you make progress, your goals should get more difficult and more exciting.

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7.

Goals should be planned out in advance to give you direction.

Short term – next week

Medium term – next month

Long term – by the end of the year

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9.



Recorded

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10.



Motivation

BEYOND

11.



Reward

BEYOND

12.



Arousal

BEYOND

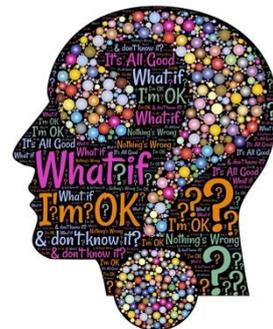
13.



Anxiety

BEYOND

14.



Cognitive Anxiety

BEYOND

15.



Somatic Anxiety

BEYOND

16.



Mental Rehearsal

BEYOND

10.

The desire required to be successful; a driving force that makes you do something and decide how much effort to put in.

To be a successful performer you need a high level of motivation.

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9.

Your goals should be written down.

You will have a record of what you are trying to achieve, check your progress and whether you have met your targets.

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12.

An increased level of mental excitement and alertness.

Arousal causes changes in the body on both a physiological and psychological ideas.

Increased heart rate, breathing, nausea, sweaty palms and nervousness.

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11.

Something given to someone to recognize their achievements.

Performers may receive prize, trophy, medal or money. These are extrinsic rewards

BEYOND

14.

These are mental symptoms that a performer feels, such as fear, worry and doubt. It can occur if a performer is in a state of under or over-arousal.

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13.

A performer's negative reaction to stress, causing them to feel worried, nervous or apprehensive.

Sports performers develop ways to manage and control anxiety.

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16.

Running through a skill, sequence or event in your mind, in detail.

An athlete will use all their senses to recreate the event mentally. They will imagine crowd noise, performing skills perfectly under pressure and reacting to negative situations.

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15.

Physical signs of anxiety that can be termed as 'butterflies in the stomach'.

- Dry mouth
- Increased breathing
- Increased heart rate
- Nausea
- Sweaty palms
- Tremor

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17.



Visualisation

BEYOND

18.



Deep Breathing

BEYOND

19.



Introvert

BEYOND

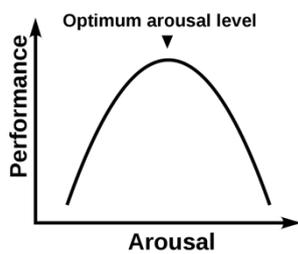
20.



Extrovert

BEYOND

21.



Inverted-U Theory

BEYOND

22.



Question Time

BEYOND

23.



Question Time

BEYOND

24.



Question Time

BEYOND

18.

A learned way of breathing in a deep, calm and focused way to promote relaxation as well as physical well-being.

Athletes may use breathing to remove tension from muscles to allow relaxation. Athletes may focus on breathing instead of the event.

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17.

An athlete will 'see' the best positive outcome for the skill/technique they are performing.

An athlete who is about to perform a lay-up, will see the skill being performed in stages, with the best outcome.

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20.

Extroverts are known as sociable, lively, optimistic and outgoing people. They are more associated with team sports.

Football and boxing are examples of sports linked to extroverts.

Remember that these traits are generalizations. Some extroverts like to participate in individual sports.

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19.

Introverts are known as quiet, shy, reserved people and are associated with individual sports.

Marathon runners are good examples of the introvert personality traits.

Remember that these traits are generalizations. Some introverts do like to play team sports.

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22.

What is meant by the term arousal?

This is a 1-mark answer from a past paper.

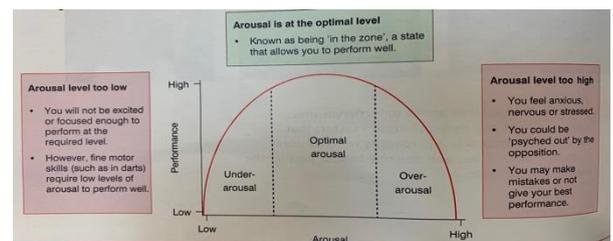
Answer: the state of **excitement, alertness** and **high motivation**.

*Candidates must use one of the terms in bold.*

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21.

Yerkes and Dobson (1908) identified that there is an optimum point of arousal that will enable us to perform at our best.



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24.

Besides trophies, medals, money and prizes, name another type of extrinsic motivation?

Answer: praise from coaches, friends, family and/or the crowd.

Desire for publicity or fame.

The search for sponsorship.

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23.

Describe two physiological effects of over-arousal on a performer?

This is a 2-mark answer from a past paper.

Answers: dry mouth, increased breathing, increased heart rate, feeling sick, sweaty palms, shaking, muscles tense and adrenaline release.

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