



# AROUSAL IN SPORT



# STARTER

- Relaxation Technique



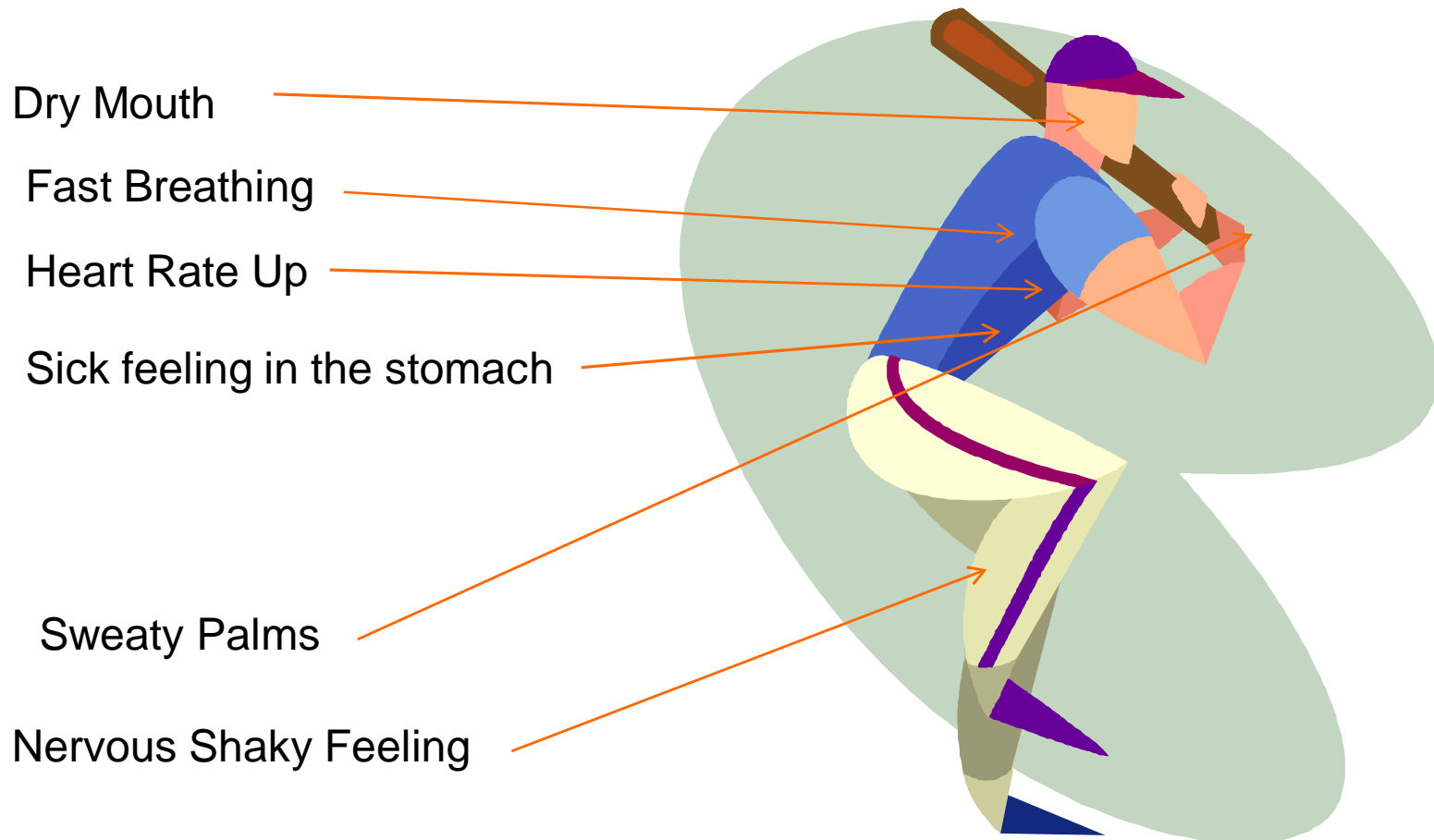
## OBJECTIVES

- Be able to understand and explain arousal and it's effects on performance
- Use different techniques to control arousal



# AROUSAL

- Arousal is a state of excitement and alertness

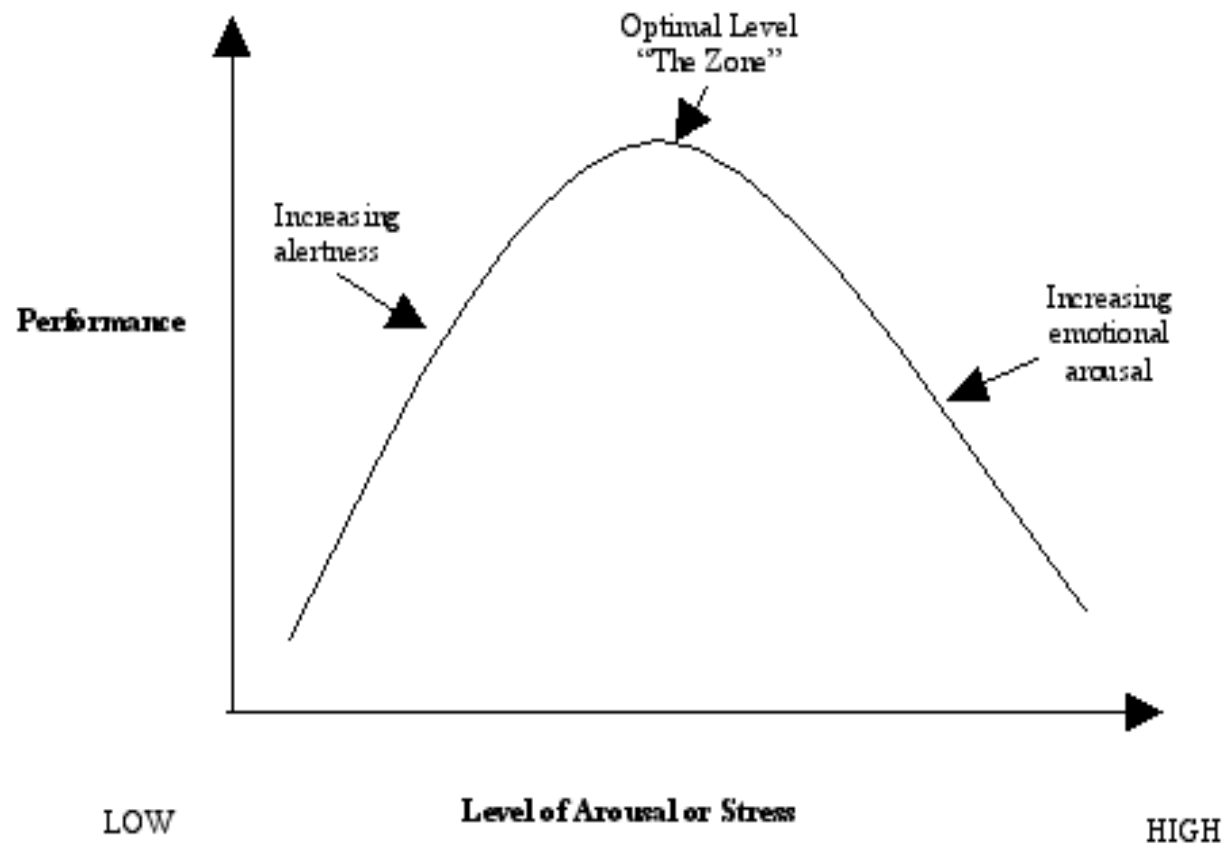


# AROUSAL AND PERFORMANCE

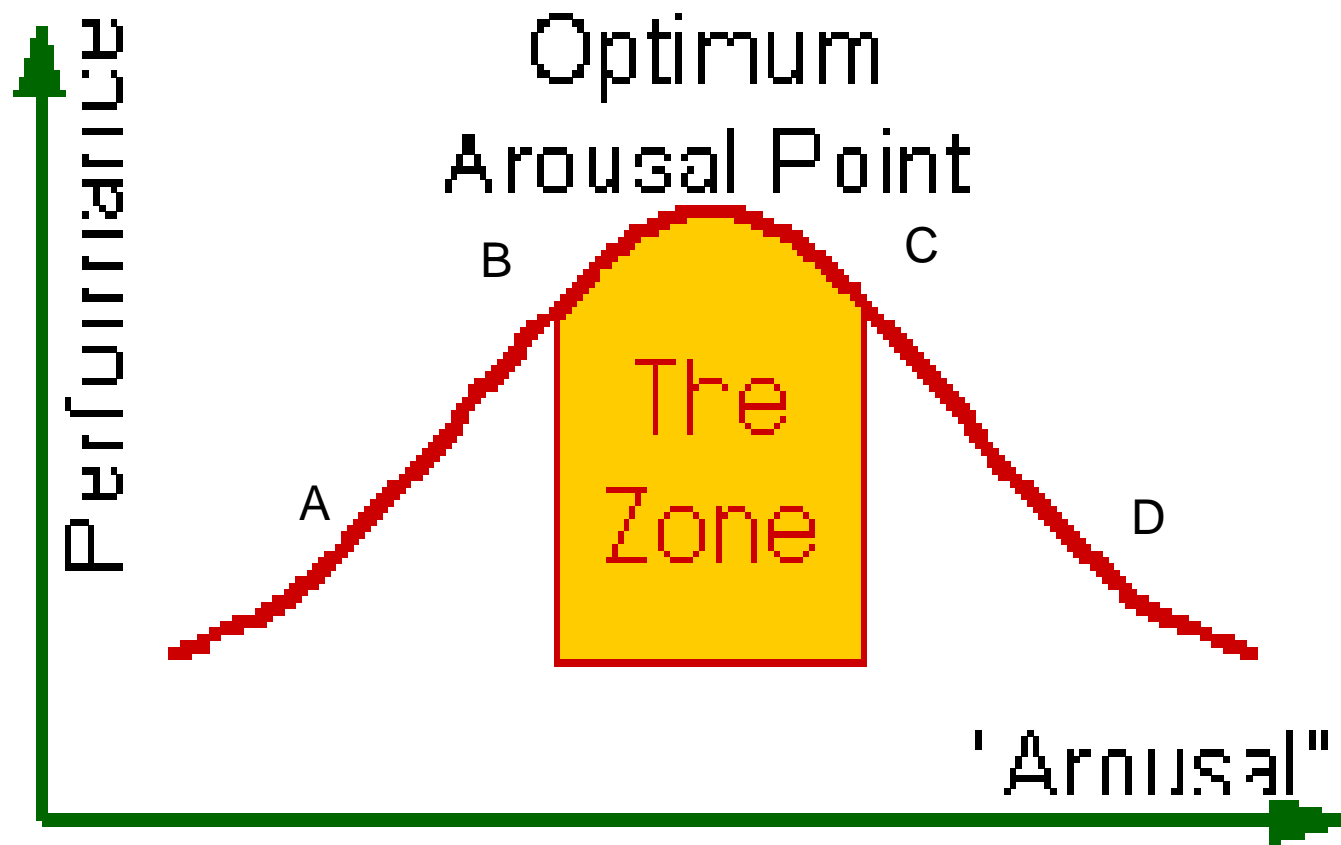
- National Institute of Environmental Health Sciences - Kids Pages - Rebus Puzzles Brainteasers



# AROUSAL AND PERFORMANCE



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## AROUSAL AND PERFORMANCE

- At A, arousal is low you may be feeling bored or tired, you are not 'psyched up' and you perform badly
- At B and C you are at 'optimum' arousal. Your performance is at it's best.
- If you are very anxious your arousal level may rise to D. You are over aroused or 'psyched out'. Your performance suffers
- Inverted U Theory





## INCREASING YOUR AROUSAL

- A pep talk from the coach
- Warm up before the event
- Having a definite goal to achieve in the event
- Bright lights and lots of noise
- Friendly or hostile fans



## ADRENALINE AND AROUSAL

- Adrenaline plays a big part in arousal
- Made by adrenal glands (just above kidney's)
- When you are frightened or nervous these glands squirt adrenaline into your blood
- It has these affects
  - Heart beat faster, more O<sub>2</sub> and glucose pumped to muscles
  - Blood vessels in gut and under your skin to constrict, shunting more blood to the muscles
  - Heart thumps, stomach feels hollow and muscles may shiver ..... You are ready!!



# FIGHT OR FLIGHT



# PREVENTING OVER-AROUSAL

- Relaxation
  - Breathe slowly and deeply, relax different muscle groups
- Visualisation
  - Go through the event in your mind, in detail. See yourself performing well and remaining calm
- Mental Rehearsal
  - Same as visualisation – used by top athletes

