|  |  |
| --- | --- |
| Qualification: Edexcel BTEC Level 3 Subsidiary Diploma in Sport  Unit 17: Psychology for Sport Performance Assessor: | |
| Assignment number4 of 5 **Arousal & Anxiety** |

Date assignment given out: Date assignment to be handed in:

|  |
| --- |
| Scenario:  You are working as an assistant to a sports psychologist & you have been asked to produce an educational poster that will help sports performers & coaches understand the relationship between stress, arousal, anxiety & sports performance. |

|  |  |  |
| --- | --- | --- |
| Task | What I have to do / tips | Grading Criteria |
| 1 | Prepare some coach & athlete friendly notes that describe stress & anxiety, their **causes**, **symptoms** and **effects** on performance; using sports based **examples** when possible. | **P3**:  Describe **stress & anxiety** and the causes, symptoms and effects of stress and anxiety. |
| 2 | Describe **3 theories** of arousal that you think provide the best explanations for the **relationships** between arousal & performance. Follow this up by describing the **positive** & **negative** effects of arousal on performance. | **P4:**  Describe **three** different theories of arousal and the **effect** on sports performance |
| 3 | Use **sport based examples** & advice for coaches & athletes to **explain the different theories of arousal** and the **positive & negative effects** of arousal on performance. | **M2:**  Explain **three** different theories of arousal and the **effect** on sports performance |