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

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

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| 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. |

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| 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 |