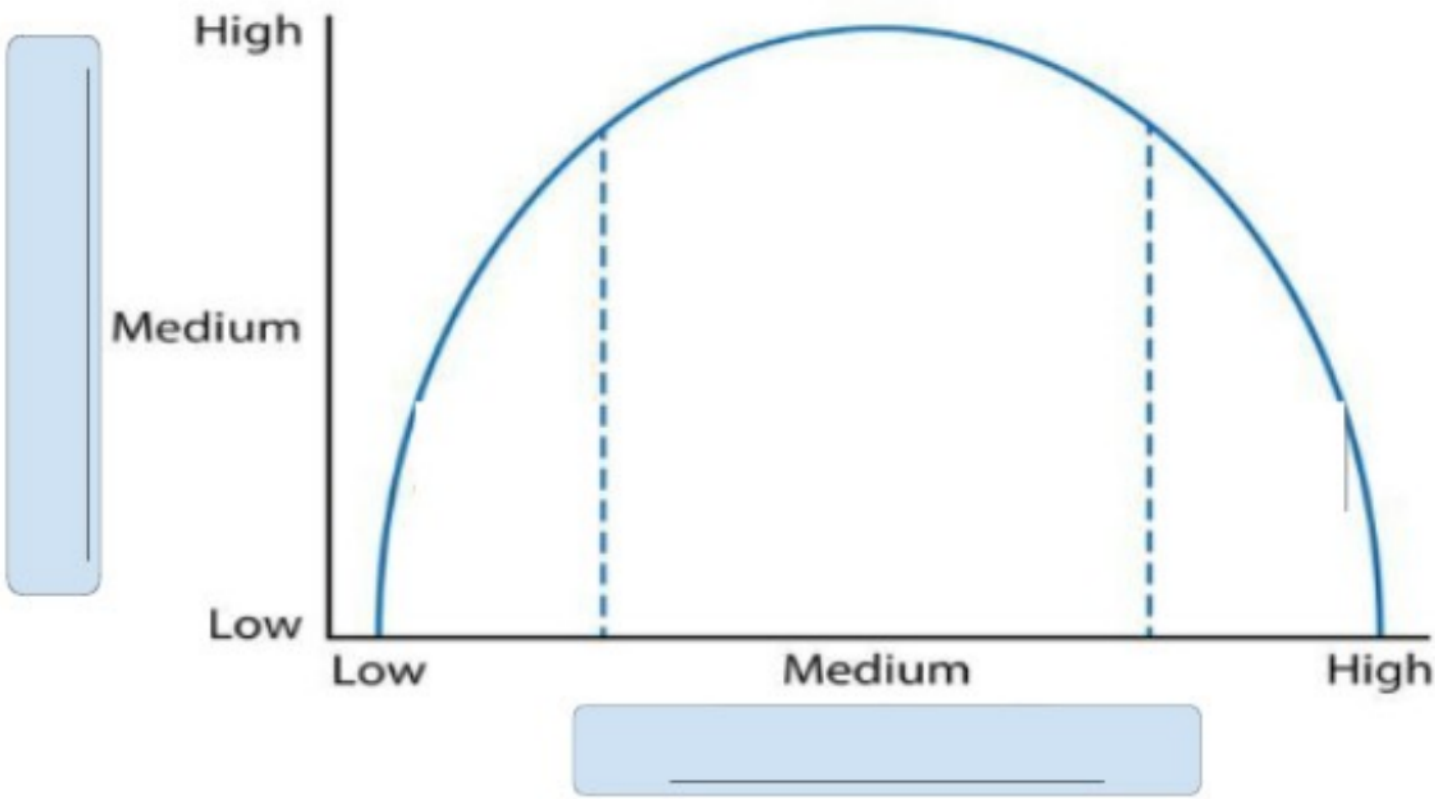
Task 1 - Define Arousal

Task 2 - Label the axis and Arousal Levels on the Inverted U theory Diagram



Task 3 - Use the diagram above to describe how arousal and the Inverted U theory can affect performance.

If an athlete's arousal levels are too low, this is called being _____ aroused.

This means

A sporting example of this is

_____
_____
_____
_____

If an athlete's arousal levels are appropriate for the skill, this is called _____ arousal level.

This means

A sporting example of this is

_____
_____
_____
_____

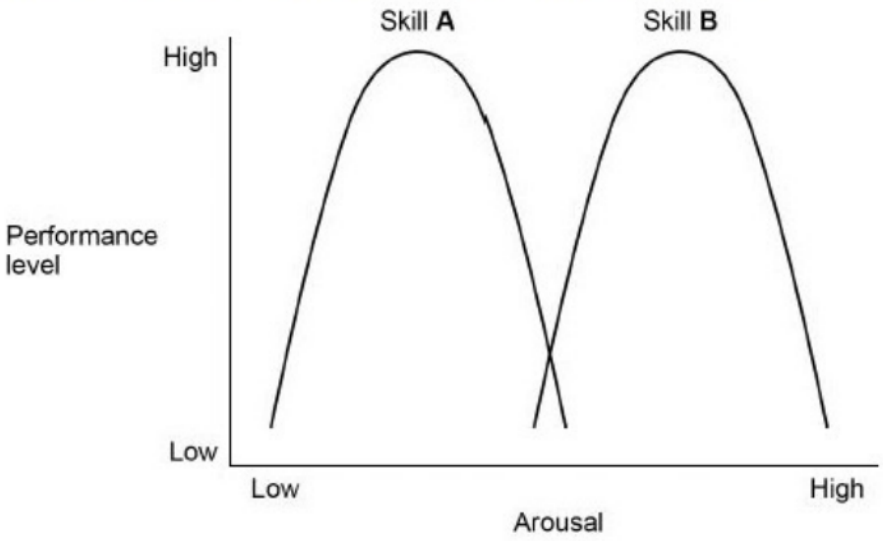
If an athlete's arousal levels are too high, this is called being _____ aroused.

This means

A sporting example of this is

_____
_____
_____
_____

Task 4 - Use two appropriate skills to label the following diagram, then explain the reasons for your choice (When justifying, think about using words like "**Gross**" "**Fine**" "**Contact**" "**Power**" "**Accuracy**".

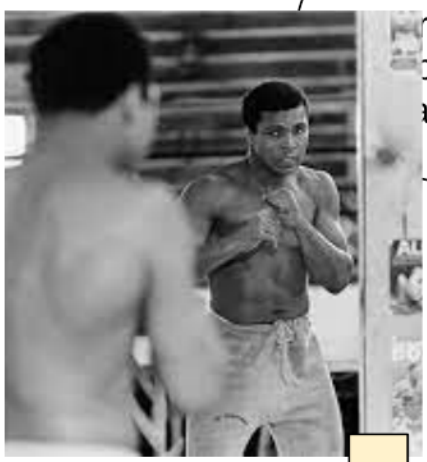


Skill A =

Skill B =

My reasoning for my choice is

Task 5 - Identify and Describe the following Stress Management Techniques.



"I am the
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body hits
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