Answers to Test your knowledge questions

Nelson Physical Education Studies for WA 2A,2B

Chapter 16

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**multiple choice**

1 B

2 A

3 A

**short answer**

4 Serena could use any of the following strategies to improve her confidence:

- Regularly use positive self talk and cues such as ‘I can do this’, ‘Keep my head up’
- Act confidently/positively
- Reward herself when desired outcomes are achieved
- Use energising imagery such as seeing herself hitting a winner, or serving an ace
- Practise/rehearse skills to the point where they become ‘automatic’ and grounded in a performance template
- Set realistic goals linked to her recovery and improved physical/mental conditioning.

5a Activities requiring sustained concentration usually involve aspects of both internal and external focii and include activities such as:

- Car racing: performers need to be constantly concentrating on the performance of their car relative to others in the race
- Show jumping: lapses in concentration during a round will result errors being made and points deducted
- Road cycling: teams of riders need to work together and focus needs to be kept on own and others’ performance for the duration of 120-kilometre race
- Golf: lapses can lead to shots being dropped at certain holes – especially important on the last day of tournaments when lapses can make the difference between winning and losing

Note: despite being a psychological factor, concentration is affected by increased levels of fatigue and once this starts to occur there will be an associated drop in concentration levels

b AFL footballers can be distracted by any of the following factors:

- the crowd (size, noise, etc.)
- increased media attention (reports, coverage, criticism, etc.)
- injury (self, other team mates)
- increased pressure (during a game, the season, finals)
- opposition tactics (double tagging, sledging, physicality, etc.)
- poor umpiring (questioning decisions)
- social influences (friends, recreational activities, etc.)

c. AFL footballers are increasingly being educated on how to handle media pressure, how to act when celebrating, and so on. Additionally, clubs are placing restrictions on where players can go to socialise and have also set curfews to minimise the likelihood of players being ‘in the wrong place at the wrong time’. AFL players need to remain focused and concentrate for the duration of a match and to do so effectively they could employ any of the following measures:

- Perform set relaxation techniques such as progressive muscle relaxation and breathing control when they sense situations are getting tense.
- Go through a series of set mental plans and routines to focus their efforts and be reminded of the team’s ‘set play’ or strategies by team officials and the coach.
- Undertake stress inoculation with own team mates and in games leading up to finals, which can be controlled by clubs and players.
- Be removed from the field and use ‘time out’ to calm down, refocus and be reminded of what needs to be done for the player and the team.
- Switch to rehearsed skills/plays that shut out any ‘noise’ or distractions from the crowd and opponents.

**essay style**

6. Stress management strategies for volleyball player nine weeks out from major championships could involve any of the following:

- Stick to ‘SMARTER’ goal setting
- Reduce stress through rehearsed biofeedback techniques
- Use positive self talk
- Experiment with meditation and other relaxation techniques
- Practise using imagery to assist relaxation and improve concentration
- Be in control of ‘controllables’ (situations under the direct control and influence of the athlete, such as diet, recovery, training, adequate sleep, etc.)
- Use progressive muscle relaxation.

7. Responses need to acknowledge there is a direct relationship between arousal and performance and that there is an optimal ‘zone’. They should be able to discuss the inverted U followed by performance effects as arousal increases. When over-aroused, as might occur during situations where pressure mounts during a game or performance, players shift their focus internally and narrow and often miss cues they were picking up prior to this. Muscles become tighter and movements become jerky and less coordinated. Greater amounts of energy are expended due to increased heart and breathing rates and associated increases in blood pressure. Low arousal may be
caused by low motivation levels, being tired/fatigued or just not interested in the activity. Muscles feel heavy, apathy increases and enthusiasm drops, leading to poorer performances than otherwise could have occurred. Low arousal is also associated with poorer concentration level and increased skill errors.