4.4 Sport Psychology: Arousal and the Inverted-U Theory: 10-minute Pack

Total Marks

AQA 8582 · Calculators not allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 In the context of the inverted-U theory, tick one box to identify what is shown on the horizontal (x) axis of the standard inverted-U graph.

- ☐ A) Level of arousal
- ☐ B) Quality of performance
- ☐ C) Time elapsed during the match
- ☐ D) Skill classification

(Total for Question 1 is 1 mark)

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2 If a performer's arousal rises past their optimal point during a match, state what is likely to happen to their performance next, according to the inverted-U theory.

(Total for Question 2 is 1 mark)

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3 Explain why a performer who is under-aroused before a match might show low levels of concentration and a lack of urgency in their movements.

(Total for Question 3 is 2 marks)

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4 A badminton player about to serve in a decisive rally says to themselves silently, 'stay calm, watch the shuttle'. Identify the arousal-control technique being used, and explain how it could help the player's arousal level.

(Total for Question 4 is 2 marks)

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5 Explain one way a coach could help an under-aroused performer raise their arousal level closer to their optimum before a competition.

(Total for Question 5 is 2 marks)

6 Suggest, giving a reason, whether this performer is more likely to be under-aroused, at their optimal arousal, or over-aroused.

(Total for Question 6 is 2 marks)

7 Which of the following would you expect to have the LOWEST optimal level of arousal?

- ☐ A) The release in archery
- ☐ B) A sprint start
- ☐ C) A rugby tackle
- ☐ D) A shot put throw

(Total for Question 7 is 1 mark)

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Mark scheme · 4.4 Sport Psychology: Arousal and the Inverted-U Theory: 10-minute Pack

Question 1

A **B1**

Answer: A (Level of arousal)

Question 2

performance will start to decline/get worse, oe **B1**

Answer: Their performance will start to decline.

Question 3

arousal below the performer's optimal level means the body and mind are not sufficiently 'switched on'/alert for the task, oe **B1**

so attention drifts and physical readiness (e.g. reaction speed, effort) stays lower than the situation demands, oe **B1**

Answer: Arousal below the performer's optimal level means the body and mind are not sufficiently switched on for the task, so attention drifts and physical readiness stays lower than the situation demands.

Question 4

positive self-talk/a calming cue word, oe **B1**

repeating a short, calming phrase can help lower arousal and keep attention on the relevant cue (the shuttle) rather than on anxious thoughts, oe **B1**

Answer: This is positive self-talk, using a calming cue word. Repeating a short, calming phrase can help lower arousal and keep the player's attention on the relevant cue, the shuttle, rather than on anxious thoughts.

Question 5

a valid technique, e.g. an energetic warm-up, upbeat music, or a motivational team talk, oe **B1**

linked explanation of how it raises arousal, e.g. an energetic warm-up raises heart rate and increases mental readiness/focus, oe **B1**

Answer: For example, an energetic warm-up, which raises heart rate and increases mental readiness and focus, helping bring an under-aroused performer's arousal level up towards their optimum.

Question 6

likely to be under-aroused, oe **B1**

reason: the low-pressure, unopposed, low-importance situation gives little to raise arousal, so motivation/focus could be low, oe **B1**

Answer: Likely to be under-aroused, because the low-pressure, unopposed, low-importance practice situation gives little to raise arousal, so the performer's motivation and focus could be lower than in a real competitive match.

Question 7

A **B1**

Answer: A

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