4.8 Relaxation and Stress Management Techniques in Sport: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer the questions below. Questions worth 3 marks or more require full sentences. Spend about 10 minutes on the paper.

1 Which one of the following is an example of a somatic sign of performance anxiety in a footballer before a penalty kick?

- ☐ A) Repeating negative thoughts about missing
- ☐ B) A raised heart rate and sweating
- ☐ C) Worry about the crowd
- ☐ D) Thinking about previous mistakes

(Total for Question 1 is 1 mark)

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2 State two somatic signs of stress a rugby player might show before a lineout throw in a crowded stadium.

(Total for Question 2 is 2 marks)

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3 Name one somatic relaxation technique a sprinter could use in the starting blocks to reduce muscle tension.

(Total for Question 3 is 1 mark)

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4 A basketball player uses progressive muscular relaxation before a free throw. State one immediate physical benefit the player might gain.

(Total for Question 4 is 1 mark)

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5 Describe two short steps of using mental rehearsal purely as a calming tool for a gymnast preparing for the vault, not using imagery for technique but to lower anxiety.

(Total for Question 5 is 2 marks)

6 Explain the difference between somatic and cognitive stress, giving one sporting example of each in the context of a cricket bowler about to bowl a crucial final over.

(Total for Question 6 is 3 marks)

7 Explain why a penalty taker in football might use calming self-talk immediately before taking the kick, and give one example phrase they could use.

(Total for Question 7 is 3 marks)

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Mark scheme · 4.8 Relaxation and Stress Management Techniques in Sport: 10-minute Pack

Question 1

B **B1**

Answer: B (a raised heart rate and sweating)

Question 2

first somatic sign: any one of raised heart rate / sweating / trembling/shaking / muscle tension, oe **B1**

second, different somatic sign: any other one of raised heart rate / sweating / trembling/shaking / muscle tension, oe **B1**

Answer: For example, raised heart rate and muscle tension.

Question 3

controlled deep breathing OR progressive muscular relaxation OR slow diaphragmatic breathing, oe **B1**

Answer: Controlled deep breathing

Question 4

reduced muscle tension OR decreased trembling/shaking OR feeling physically calmer, oe **B1**

Answer: Reduced muscle tension.

Question 5

step 1: quietly imagine a calm, successful performance scene for a few seconds focusing on feelings of calm rather than technical detail, oe **B1**

step 2: pair the calm image with slow breathing or a calming cue word to reinforce relaxation, oe **B1**

Answer: Step 1: quietly imagine a calm, successful performance scene for a few seconds, focusing on feelings of calm rather than technical details. Step 2: pair that calm image with slow breathing or a calming cue word to reinforce relaxation.

Question 6

definition of somatic: physical signs such as increased heart rate, sweating, muscle tension, oe **B1**

definition of cognitive: mental signs such as worry, negative thoughts, loss of concentration, oe **B1**

sporting examples: e.g. somatic = trembling arm/raised heart rate before bowling; cognitive = worrying 'what if I concede six' or loss of focus, oe **B1**

Answer: Somatic stress are physical signs such as increased heart rate, sweating or muscle tension. Cognitive stress are mental signs such as worry or negative thoughts. For a bowler, somatic might be a trembling arm or raised heart rate before the over, while cognitive might be worrying 'what if I concede six' which distracts from focusing on line and length.

Question 7

point: calming self-talk can replace negative thoughts with positive or neutral cues, oe **B1**

development: this reduces cognitive stress so the player focuses on technique rather than worry, improving execution, oe **B1**

example phrase: e.g. 'steady, focus on placement' or 'smooth and confident', oe **B1**

Answer: Calming self-talk replaces negative thoughts with positive or neutral cues, which reduces cognitive stress and helps the player focus on technique rather than worry. Example phrase: 'steady, focus on placement'.

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