

Question 22 (continued)

- (c) Analyse the psychological strategies athletes could employ to enhance performance. 10

PSYCHOLOGICAL STRATEGIES ^{THAT} ATHLETES COULD EMPLOY TO ENHANCE PERFORMANCE IS BY KINESTHETIC PLAY. ~~AND~~ FOR INSTANCE, MOST ATHLETES USES THEIR ^{MIND AND} IMAGINATION DURING THEIR TRAINING. ~~WHEN THEY ARE~~ IT SETS THEIR MIND ~~FOR~~ AIMING ^{FOR} GOOD MARKS. IN ADDITION THIS KIND OF STRATEGY ENABLES THEM TO PRACTISE THEIR MOVES ^{OR} SPEEDS THAT THEY AIMING FOR IN THEIR MIND. FOR EXAMPLE, CATHY FREEMAN ALWAYS REMINDS HERSELF FOR WHAT SHE IS AIMING EVERY TIME SHE RUNS BY WRITING IT DOWN IN A PIECE OF PAPER WHERE SHE CAN ALWAYS SEE IT. ~~(FOR EXAMPLE SHE ALWAYS)~~ AS WELL AS PRACTISING HER RUN IN HER MIND. FURTHERMORE ATHLETES COULD ALSO USE STRATEGIES IN THEIR MIND BY LOOKING AT ~~THE GAME~~ DIFFERENT WAYS OF THE GAME IN A DIFFERENT SITUATION.

Question 22 continues on page 20