

Question 22 (continued)

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

There are a number of strategies athletes could take to increase/enhance their sporting performance through the use of psychological preparation. Two common ways athletes are able to prepare psychologically are by the use of Mental Rehearsal and by Meditation.

Mental Rehearsal is use to increase skill to a fine art by concentrating on a perfect score or a perfect completion of a skill. i.e. a basketballer would picture in his mind a perfect jump shot, where the shoulders are straight, the legs are bent and the hands follow through to a perfect shot. With this image, an athlete can learn how to better his own performance.

Meditation is where the individual can calm themselves to a stable state of ~~and~~ mind, where all tension, stress and all problems are relieved from the mind. This common practice is used to

Question 22 continues on page 20

Question 22 (continued)

soothe the body and prepare for
a good and thorough performance.
Meditation is used to reach optimal
arousal in an athlete, which if
controlled properly is a valuable
tool.

End of Question 22