**ANSWER to Questions on Motivation and Arousal**

1. Physical performance will usually be at a higher level if a performer is motivated. Describe intrinsic and extrinsic motivation and give a practical example of each of these two types of motivation. (4 marks)

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1. **Drive Theory can be used to explain how arousal affects performance in sport.**

**Sketch and label a graph to performance. Illustrate the effect of arousal on performance. (3 marks)**

1. What is meant by motivation? (I mark )

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1. Use Drive Theory to explain how an increase in arousal would affect the performance of both a novice and an experienced performer. [2 marks]

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1. The level of arousal of a performer affects the acquiring and performing movement skills. What is meant by term arousal? (1 mark)

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1. Using Drive theory, show how the level of arousal can affect performance.

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