**Scenario arousal activity sheet**



Using the drive theory explain what will happen to the performance of the athlete. What are the factors that will affect his performance and how will the arousal be exhibited?

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Using the inverted U theory can you explain the three possible levels of arousal and how this will impact on the performance? Use the rugby scrum in your example.

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Describe the two types of arousal, somatic and cognitive. Use an example to describe when this might take place.

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