

anxiety

a psychological process characterised by fear or apprehension in anticipation of confronting a situation perceived to be potentially threatening

arousal

a specific level of anxiety experienced prior to and during a performance

concentration

the ability to link movement and awareness to the extent that the focus can be on doing, rather than thinking about doing

extrinsic motivation

when the individual's internal state is modified by sources originating from outside the person

goals

targets that we direct our efforts towards

intrinsic motivation

motivation that comes from within the individual

inverted U hypothesis

the idea that performance improves with increasing arousal to a point, beyond which performance will deteriorate

mental rehearsal

the technique of picturing the performance or skill before executing it

motivation

an internal state that activates, directs and sustains behaviour towards achieving a particular goal

negative motivation

an improvement in performance made out of fear of the consequences of not performing to expectations

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positive motivation

when an individual's performance is driven by previous reinforcing behaviours

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relaxation techniques

a series of techniques that seek to control the body's response to stress

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stress

the non-specific response of the body to a demand placed on it

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