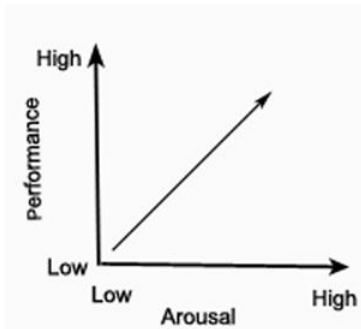


Arousal

This is a state of activation or excitement. It can be used to increase performance however obtaining the correct level can often be difficult. It can be split into cognitive and physiological. There are 3 theory's to the effect of arousal on performance:

1. Drive Theory



Where there is a linear relationship between arousal and performance. However this does not take into account skill and also that we can become too aroused and performance can decrease as a result.

Elite performers are able to cope better with higher levels of arousal due to higher habit levels (skill)

$$P = \text{Arousal (drive)} \times \text{Skill (habit)}$$

2. The Inverted U Theory

This theory suggests that there is an optimal level of arousal called the ZOF although after this it decreases.



3. The Catastrophe Theory

This theory suggests that if arousal levels decrease beyond the point of ZOF performance will fall dramatically and the performer will 'choke'. However if the performers arousal levels are reduced once again they can then work their way back up to ZOF.

