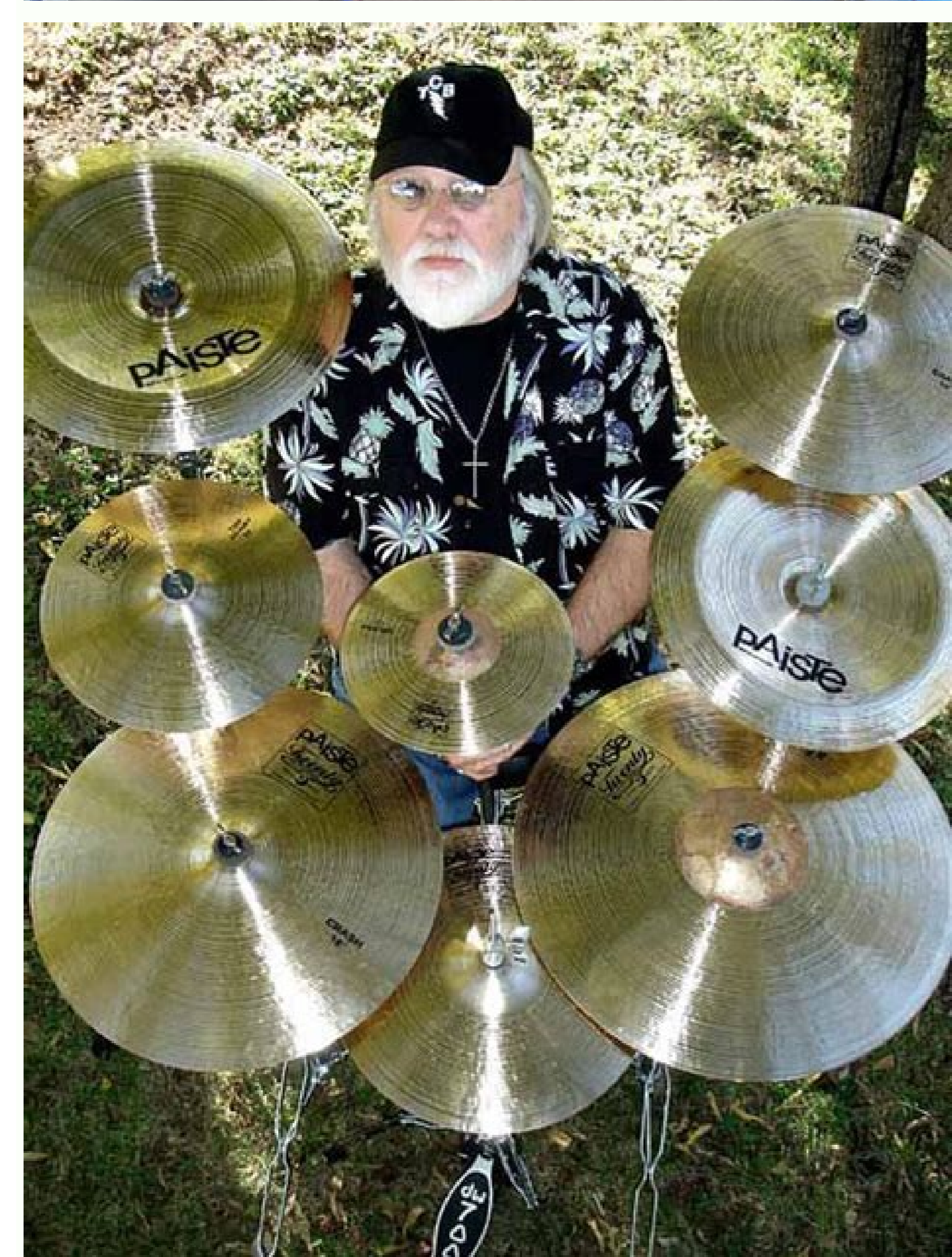


## Arousal in sports performance

I'm not robot!







How does arousal improve sports performance. Example of arousal in sport. How does arousal affect performance in sports. Effects of arousal in sports performance.

In general, the literature review provides theoretical explanations for the popular, common-sense belief that a little stress improves performance, whereas when stress becomes severe, performance declines and ultimately breaks down. In terms of psychological stress (as opposed to physiological) the single most important variable appears to be the subject's interpretation of the stress-producing stimuli. Increases in adrenaline and noradrenaline accompany a variety of emotional responses, but differential proportions are not seen as characterizing the various emotions. Noradrenaline secretion appears to be related to physiological stress, or the amount of work attempted by the organism. Adrenaline secretion seems to be more-directly related to mental stress and emotional response. As emotional involvement increases, adrenal medullary secretion of adrenaline increases. The accompanying physiological and metabolic responses facilitate performance to a point; however, extremely high levels of arousal may adversely affect the athlete's proficiency. This is especially true of sport skills requiring steadiness, precision, and concentration. Finally, for the sake of perspective, it should be stated that any contribution or complication created by the catecholamines is minimal when the entire ability range of competitors is considered. Whereas near superhuman feats by ordinary individuals caught in life-threatening situations have been reported, variations of great magnitude are unlikely in sport. The average individual is not transformed into a world class athlete merely by "getting the adrenaline flowing." Among athletes of similar physical stature and physiological function, however, adrenaline and arousal may certainly tip the scale of performance in sport. Smart men wishing to add some extra zip to their penalty area dash or shave a few seconds from their 5k PB will put the time in at the gym - but few bother to build their inspiratory muscles. (Related: The Guy Who's Athletic Performance Needs 8000 Calories A Day) What are they? Your inspiratory muscles are those recruited when you breathe in. Namely, the diaphragm and the intercostal muscles between your ribs. Dr Mitch Lomax, who led the study, used a resistance-training device that works the inspiratory muscles in the same way the fly machine works your chest. Athletes trained by doing one set of 30 breaths twice a day for six weeks, and warmed-up by doing one set of 30 breaths, before being assessed using something similar to a standard bleep test. The result? Those who trained their inspiratory muscles increased how far they could run by a formidable 12 percent, while adding some panting as a pre-race warm-up boosted performance by a further three percent. (Related: 5 Reasons Crossfit Athletes Are Fitter Than You) How does it work? "We think that an inspiratory warm-up gives a performance benefit for neurological reasons. Basically, you become able to recruit more inspiratory muscle fibres when you breathe," says Dr. Lomax. "By combining that with a training program of 4-6 weeks, you're getting longer term muscle adaptations as well as those neurological adaptations." (Related: How To Train Like An Athlete By Tracking Your Heart) So how can I train them? Want a pair of iron lungs? "In order to train your inspiratory muscles, you need to do some kind of resisted breathing," says Dr Lomax. "The easiest way of doing that is with one of the handheld devices." The PowerLung Lung Trainer is available from sweatband.com. However, if you don't want to splash out, there are some resisted breathing techniques you can try at home. By either placing your hand gently but firmly under your ribcage or breathing through pursed lips, you can vary the amount of work your inspiratory muscles have to do. Try two sets of 60 breaths a day, gradually increasing the resistance over time. You'll be blowing up hot water bottles before you know it. This content is imported from YouTube. You may be able to find the same content in another format, or you may be able to find more information, at their web site. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Sport psychologists often study the impact of human arousal (energy) on athletic skill acquisition, development, and sport performance. General findings reveal there is, in fact, an optimal arousal level (known by athletes as the "zone," and sport psychologists as flow). Finding the optimal arousal level, however, is an individual pursuit that is unique to each athlete. When thinking about arousal you might first envision a continuum, where on one side is low arousal and the other side high arousal. When we are in a low arousal state we are very relaxed, our focus is loose and wide, and our reactions are slower. Conversely, when we are in a high arousal state (like when we hear a fire alarm), our anxiety often spikes, and can actually interfere with the mind-body synchrony needed for effortless muscle-memory movement. Neither low or high arousal is ideal when it comes to optimal performances in sport, so the key for athletes is to learn how to control and regulate arousal. Managing arousal for peak athletic performance From my professional experience I find that athletes generally struggle more with low arousal during routine, mundane practices; and tend to experience high arousal more often in games and other pressure situations (i.e. working out at a combine). Below are a few quick tips to help with both arousal states: Low Arousal (pumping up). Athletes often battle low arousal when dealing with boring practices, watching film, and other more mundane events. Physically move. Going through a good warmup with lots of activity will help increase arousal. Self-talk. Telling yourself positive things and keeping a good attitude can help athletes pick up their mental game. Imagery. Athletes can use imagery that is action-oriented to help with alertness. High Arousal (calming down). Athletes generally experience high arousal when dealing with pressure and expectations related to sport competition. Deep breathing. Inhaling slow, deep breaths into your stomach and releasing can help lower arousal and nervous energy. Progressive Muscle Relaxation (PMR). Take one muscle group at a time and tense/relax for about 3-5 seconds. Systematically go through the body one muscle group at a time until your body feels more loose and relaxed. Self-talk & Imagery. Similar to pumping up when arousal is low, these techniques can be used for arousal reduction, too. Repeating calming phrases and thinking of calm life experiences can have an immediate and dramatic effect on lowering human arousal. Final thoughts Being bigger, faster, and stronger will only last so long — eventually you will need more than natural abilities in order to beat the competition. When working on mental toughness, learning how to moderate arousal needs to be a primary goal as this skill serves as a foundation for all other mental toughness skills. Only when your mind and body work in synchrony will you play your best, making this skill one that all athletes should pursue learning. www.drstanton.com anxiety, Coaching, confidence, mental, psychology, sport, toughness, zone Amateur, Athletes, Athletic Counseling, Coaching, College, Confidence, Cue Words, Focus, Goal Setting, Imagery, Mental Toughness, Performance Enhancement, Prep, Pro, Pro and College Sports, Sport Psychology, Sport Sociology, Sports Parenting, Sports Performance Science, Uncategorized, Youth and Interscholastic Sports, Youth Sports To succeed and perform their best, athletes need to use their minds as well as their bodies. Mental techniques help to control emotions, manage stress and improve participation and performance. Optimal arousal models contend that high arousal contributes to inhibited athletic performance, whereas there is reversal theory research which indicates that high positive arousal may enhance performance. To test these claims, 22 male and 6 female elite athletes were induced into high arousal telic (goal-directed) and high arousal paratelic (non goal-directed, process focussed) motivational states and tested on a standard hand strength task. Personalized guided imagery techniques and paced breathing were used to change psychological and physiological arousal. Significant increases in strength performance occurred when arousal was high and experienced as pleasant excitement in the paratelic condition (i.e., high positive arousal). Heart rate and other indicators of parasympathetic and sympathetic nervous system activity were not found to mediate between psychological arousal and performance. Where athletic performance requires maximal motor strength over a short period, performance benefits of high arousal may be maximized by restructuring motivational state. 1. Arent SM, Landers DM. Arousal, anxiety, and performance: A reexamination of the inverted-U hypothesis. 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