

Name: _____

Date: _____

Arousal in sport

V S H L K J S J B Z T I F H O K O Y D S R W C F
C M Z D X S V L V A P D L D Q J T T V Y B O Y X
A W Y R O E H T L A N O I S N E M I D I T L U M
T I N V E R T E D U H Y P O T H E S I S J Z Z D
A A U S O P D H C X V U Z T H S M N Z J E B C F
S P E L A C I G O L O I S Y H P Q E I N K A F M
T R T C G Z A H L F A S F X Q J N T O Q F G S I
R W G M N U B N G S U O Q O C B F N F E R Y O G
O E T P A A Z L X G U O R U Z U S I Z R Z U T I
P P P R B Q M R G I W A N Q U I F S S K T Q F U
H Z L A S U O R A V E X Y M A T V O E H N Y E D
E R W I M Y O T O X E T Z J C M Y N J R L N P H
M T N V L A R O P F I E Y B P F F Z N X T G I F
O Y R O E H T E V I R D H D O K A V A A H S U L
D L A S U O R A F O L E V E L L A M I T P O U M
E M J H I N D E R T H E P E R F O R M A N C E Y
L E N E Q F E X H G N S Z T A I X P C D X O J D
F J W C J T P L U M H P S Y C H O L O G I C A L
N B P I Z V I D X J T I D L L E N C H J V U E C
E T L G L W B Z M Q E W D G B A F P M D Y B P K
Q F T M W U K X Q V C O W J W G O F Z S A O T X
H O F P X Y A C K C C L P Z I P B T A Z D E C M
N R D Z S J L N O I T C E R I D Y T E I X N A G
Q R E V E R S A L T H E O R Y G A H H L J V Q R

optimal level of arousal
Inverted U Hypothesis
Catastrophe Model
physiological
Anxiety
IZOF

Multidimensional Theory
affect performance
Reversal Theory
Drive Theory
Arousal

hinder the performance
Anxiety direction
psychological
Intensity
Stress