

Key terms

Key Word	Definition
Goal	A desired aim or outcome; something that you are trying to achieve
Motivation	The desire required to be successful; a driving force that makes you do something and decide how much effort to put in
Intrinsic motivation	Motivation that comes from simply doing the activity itself, rather than to gain external rewards or prizes
Extrinsic motivation	Motivating forces that come from outside the person and the activity, such as prizes, trophies, praise from others or fame
Reward	Something given to someone to recognize their achievements
Incentive	Something that motivates or encourages someone to do something
Arousal	An increased level of mental excitement and alertness; the state of being excited, keen and mentally and physically ready to perform a task
Anxiety	Negative reaction from a performer to stress, causing the performer to feel worried, nervous or apprehensive
Cognitive anxiety	The mental symptoms that a performer feels, such as fear, worry and doubt, that can occur if the performer is in a state of under-arousal or over arousal
Somatic anxiety	The physical signs of anxiety that can be termed as 'butterflies in the stomach'
Mental rehearsal	Running through a skill, sequence or event in your mind, in detail, using all your senses
Visualisation	'Seeing' the best positive outcome for the skill/technique you are about to perform
Deep breathing	A learned way of breathing in a deep, calm and focused way to promote relaxation as well as physical well-being
Introvert	A quiet, shy, reserved personality type; associated with individual sports
Extrovert	A sociable, lively, optimistic, outgoing personality type; more associated with team sports