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1. <b>anxiety</b>	a psychological process characterised by fear or apprehension in anticipation of confronting a situation perceived to be potentially threatening
2. <b>arousal</b>	a specific level of anxiety experienced prior to and during a performance
3. <b>concentration</b>	the ability to link movement and awareness to the extent that the focus can be on doing, rather than thinking about doing
4. <b>extrinsic motivation</b>	when the individual's internal state is modified by sources originating from outside the person
5. <b>goals</b>	targets that we direct our efforts towards
6. <b>intrinsic motivation</b>	motivation that comes from within the individual
7. <b>inverted U hypothesis</b>	the idea that performance improves with increasing arousal to a point, beyond which performance will deteriorate
8. <b>mental rehearsal</b>	the technique of picturing the performance or skill before executing it
9. <b>motivation</b>	an internal state that activates, directs and sustains behaviour towards achieving a particular goal
10. <b>negative motivation</b>	an improvement in performance made out of fear of the consequences of not performing to expectations
11. <b>positive motivation</b>	when an individual's performance is driven by previous reinforcing behaviours
12. <b>relaxation techniques</b>	a series of techniques that seek to control the body's response to stress
13. <b>stress</b>	the non-specific response of the body to a demand placed on it

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