

Sports Sciences

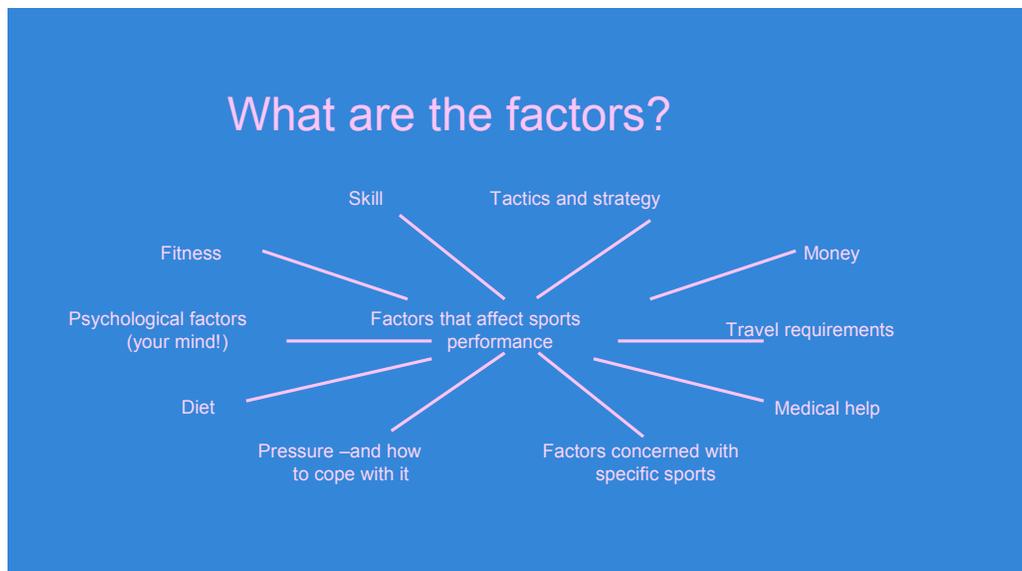
Sports Psychology

Psychological factors which affect the  
performance of Sports persons.

# FACTORS AFFECTING SPORTS PERFORMANCE



What are the factors?



## Skills

There are various types of skills in sport!

They include:

- individual skills
- Team skills.

Successful sports performers have a high level of skill.

## Tactics and strategy

Success in your chosen sport is likely to depend on the tactics and strategies you use to beat your opponents. These will include:

- team formations
- attacking plays
- Defensive strategies.

The tactics employed will depend on a number of factors. These include:

- your strengths and weaknesses
- your opponent's strengths and weaknesses
- the conditions for the match or game
- The match or game situation.

## Fitness

There are a number of different fitness factors that affect sporting performance.

These include:

- stamina or endurance
- flexibility
- speed
- power
- strength
- Agility.

## Psychological factors

Your state of mind will play a big part in how you perform!

There are three main factors to consider:

- what motivates you
- how aroused you are
- Your ability to concentrate.

## Motivation

There are lots of reasons why people are motivated to play sport? For example:

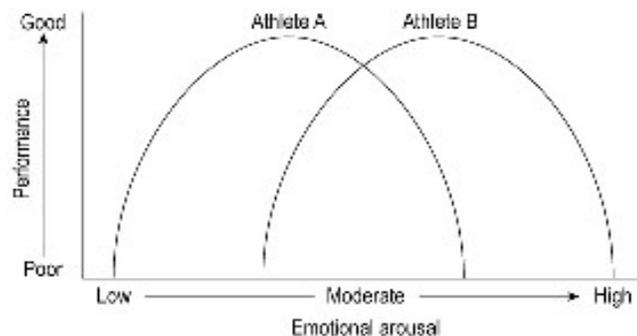
- money
- fame
- medals
- Winning.

Motivating factors can be classed as:

- Internal – coming from inside you.
- External – coming from outside you.

## Arousal – 1

- Arousal refers to how excited you feel before a sporting event.
- For each sport and individual there is an optimum, or ‘best’, arousal level at which your performance will be at its highest.



## Arousal – 2

- Too little arousal and you will perform below your best.
- Too much arousal and your performance will fall apart.
- For contact sports, where there is an element of pain, a high level of arousal is needed.
- For sports like snooker, where high levels of concentration and a delicate touch are needed, the best level of arousal is lower.

## Concentration

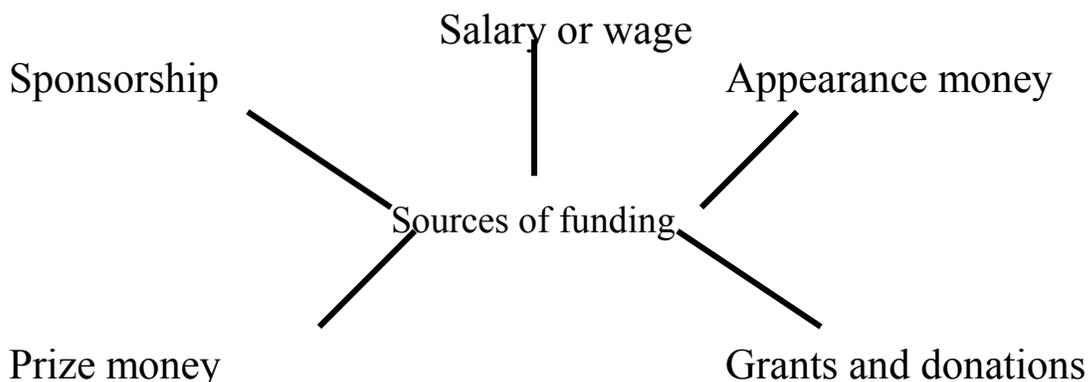
- Concentration is your ability to ignore external factors that would otherwise distract you from your task.
- If you lack experience in a sport, it is harder to concentrate. You have not yet learned what is important, and what is not.

## Diet

Diet refers to all the things you eat and drink. A healthy diet will include correct quantities of food from all the main nutrient groups. In relation to playing sport, you also need to think about

- when you eat
- what each meal should consist of
- When to drink fluid, and how much, in relation to playing sport.

## Money



## Travelling to training and matches

There are various problems facing sports performers who have to travel a lot for their sports. These include:

- jet lag
- different food and cultures
- living out of a suitcase in hotels
- being away from friends and family
- Getting used to a different climate.

## Pressure

There are many sources of pressure. They might include:

- job commitments
- exams
- friends wanting to see you
- family commitments
- your coach wanting you to train more
- sponsors wanting you to appear at a function
- contract negotiations
- fans wanting autographs or criticising your performance
- The next match or competition.

## Specific factors

There are many factors specific to certain sports. They might include, for example:

- safety issues
- having more than one event to complete
- types of disability in disabled sports
- Gender issues.