**YEAR 12 SKILL ACQUISITION /PSYCHOLOGY**

**QUESTION**

DEFINE AROUSAL AND EXPLAIN THE DIFFERENT THEORIES OF THE EFFECTS OF AROUSAL ON PERFORMERS IN SPORT.

DISCUSS HOW AROUSAL LEVEL MAY HAVE DIFFERENT EFFECTS DEPENDING ON THE STAGE OF LEARNING OF THE PERFORMER AND THE TYPE OF SKILL. (10)

Allow 10 mins planning time before you answer.

Please send your answer to your teacher. It should be typed on a word doc.