

St Ninian's High School

Physical Education

Higher

Emotional Factor

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Introduction

Within Physical Education we study **four factors** which impact on performance in sport. These factors are:

Mental Factors: The way your mind affects how you perform.

Emotional Factors: The way your feelings affect how you perform.

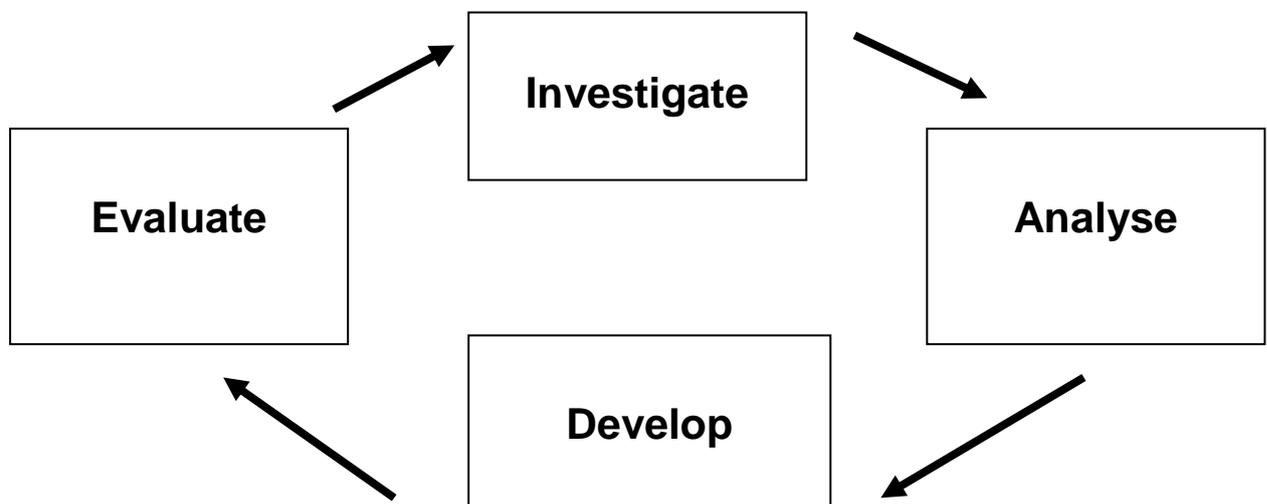
Social Factors: The way your interactions with others affect how you perform.

Physical Factors: The way your fitness, skill level and tactical ability affect how you perform.

For each factor we will:

1. Investigate the impact this factor can have on your performance
2. Analyse where your strengths and areas for development lie
3. Plan and carryout strategies to develop your performance
4. Review your performance by monitoring and evaluating any improvements made

This process of performance development is known as the 'Cycle of Analysis'. If there is an effective learning structure then there should be no learning plateaux. As we continually repeat the cycle, performance should show a gradual and continued improvement. The cycle is the means by which top level performers throughout the world improve their sporting performances. It is the way in which you will improve your sporting performance in Physical Education.



For each of the four factors there is specific knowledge and skills that you need to acquire. This is summarised in the table below:

1.	Factors Explained	<p>You must develop an understanding of what the factor means. Including an overview of key features. This includes being able to:</p> <ul style="list-style-type: none"> • Describe and explain a selection of the feature • Evaluate the positive and negative impact of a selection of features
2.	Methods of gathering information	<p>You must develop an understanding of various methods of gathering information on performance level. This includes being able to:</p> <ul style="list-style-type: none"> • Describe and explain each method (exactly how it is carried out and why is an appropriate method to use) • Evaluate the method (focusing on benefits and limitations) • Identify and evaluate individual (or team) strengths and areas for development
3.	Approaches to developing performance	<p>You must develop an understanding of various approaches to developing performance. This includes being able to:</p> <ul style="list-style-type: none"> • Describe and explain each method (exactly how it is carried out and why is an appropriate method to use) • Evaluate the approach (Focusing on benefits and limitations) • Have a theoretical knowledge about developing the approach over time (E.g. principles of effective practice or principles of training etc)
4.	Monitoring and evaluation	<p>You must develop an understanding of how and why we monitor and evaluate considering various different methods. This includes being able to:</p> <ul style="list-style-type: none"> • Describe and explain each method • Evaluate each approach used • Evaluate the personal (or team) progress made • Justify and explain future development needs

Emotional Factors

The way that we feel emotionally can have a massive impact on our sporting performance in both positive and negative ways. Emotional involvement in sport is unavoidable and part of the sporting experience. Your emotions and control of your emotions will ultimately dictate how you perform.

Our emotions are our mental state at any given time, the calmer we are the better decisions we make on a sporting field. This will lead to a better performance and results, playing more in the “Ideal Performance State (IPS)” and inevitably this will result in more success in the athlete’s life. Negative emotions can negatively affect physical performance. They cause you to lose your prime intensity. With frustration and anger, your intensity goes up and leads to muscle tension, breathing difficulties, and a loss of coordination.

Negative emotions can also hurt you mentally. Your emotions are telling you that, deep down, you're not confident in your ability to perform well and achieve your competitive goals. Your confidence will decline and you will have negative thoughts to go along with your negative emotions. Also, since your negative emotions are so strong, you will likely have difficulty focusing on what will help you to perform well; the negative emotions draw your attention onto all of the negative aspects of your performance.

Within the Emotional Factor we will consider five aspects-

- **Happiness (optimism)/sadness (pessimism),**
- **Anger**
- **Fear**
- **Trust**
- **Surprise**

Effect of Emotions on performance-

- Confidence
- Anxiety
- Panic
- Joy

Impact of the Emotional Factor

Emotion	Definition	Impact on Performance
HAPPINESS / SADNESS	An emotional state of mind. Ranging from feeling content and joy (happy/optimistic) to a feeling of despair, grief or sorrow (sad/pessimistic).	Happiness will affect performance positively and sadness will affect performance negatively. They can impact on numerous factors such as confidence, self-belief in your own ability, resilience, levels of optimism or pessimism, and your ability to realise your potential.
ANGER	An emotion whereby the individual has normally been offended, denied, wronged and a tendency to react through retaliation. It is a strong, uncomfortable emotion after being provoked.	Anger in sport can be very useful in the right situation but more often than not it is about how you control your aggression that makes the difference.
FEAR	Fear is an emotion induced by a perceived threat, which causes you to quickly pull away or, in sporting terms, usually hide.	Fear produces negative thoughts, which directly impact on a sportspersons confidence. Winning and losing is so important in most competitive settings that fear of failure or fear of not performing well is at the forefront of an athlete's mind.
TRUST	A firm belief in the reliability or ability/actions of someone else. Being unaware of the outcome results in uncertainty and therefore a risk of failure.	As a coach or team captain it is critically important that your team trusts you so that they can react appropriately to the instructions that you give them. If they doubt your decisions or instructions they may not put 100% effort into the task.
SURPRISE	Is a reaction to something unplanned or unexpected. Surprise is a brief emotional, mental and physiological state - a startle response experienced as the result of an unexpected event.	E.g. A tennis player who loses a point due to an unexpected lucky shot can react negatively they see it as bad luck on their part. They dwell on their bad luck, let their "head go down" their resilience or ability to bounce back is low this then affects their determination and confidence and their performance drops.

Methods of Gathering Information

The following methods can be used to collect data on your performance:

- Sport Emotion Questionnaire
- Self-Reflective Emotion Analysis
- Emotional Intelligence Test
- Emotional Self Reflection Record
- Cause and Effect Chart

Most of the methods mentioned are **subjective**.

Subjective Data- This is data which has an element of personal opinion and relates to how you felt about your own performance. Subjective data is usually collected by yourself.

Objective Data- Is data which is in the form of video or statistical information e.g match analysis or fitness test results. It is usually more reliable and can be collected by an observer.

Methods of Gathering Information

It is important to identify appropriate methods to gather information about the social factors in order to evaluate performance. The benefits of gathering information are:

- Provides us with a benchmark to create training plans
- Allows us to establish goals and targets to work towards
- Provides focus and motivation
- Avoids unnecessary training
- Can prevent injury
- Can support monitoring and recording of improvements
- ...and many more

Methods used to collect data on social factors impacting performance could include:

- Coach Feedback
- Team/Group Feedback
- Self-Appraisal
- Environmental Checklist
- Questionnaire

For the purposes of this course we will select 2 methods to use. When deciding which 2 methods to use we need to consider the following:

- What information is needed?
- What time, sample size, equipment do we have?
- Will the results support improvement?
- How will the data be recorded?
- How will the data be used?
- What is our aim?
- Do we want to gather qualitative or quantitative data

Analysing Performance

Analysis of Methods of Gathering Information

It is vital to carefully consider what method is best to use to gather information. It is also important to be able to justify your choice. Things to consider are:

- Specificity of method to activity you are testing for
- Specificity of method to your personal development needs
- Specificity of method to aspect of fitness you are testing
- The validity and reliability of method: why do you feel this is a valid method to use? How do you know the results are reliable?
- The ease of carrying out the method
- What you can do with results

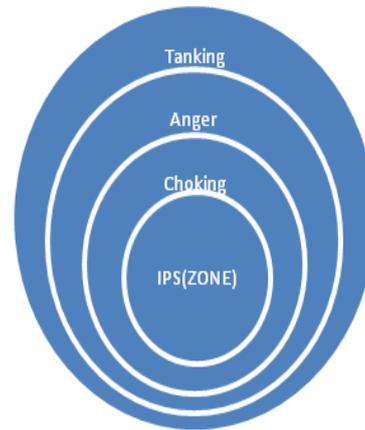
Ideal Performance State

When considering emotions, it is our aim to reach the Ideal Performance State (IPS).

Before you can help an athlete whether that is yourself or someone else it is vital to recognise how that player reacts emotionally when put under a stressful situation in a competitive match.

There are 4 stages in this process:

1. Tanking
2. Anger
3. Choking
4. IPS



Stage	Definition	Impact on Performance
TANKING	A player who gives up without trying their best	Failure. Performers will give their all and will just stop trying.
ANGER	This player is trying their best, but still losing, causing them to become emotionally unstable	Loss of focus and a decreased chance of success. Negative impact if player does not control (committing fouls or being sent off)
Choking	This is when you start to play your game with fear, when you are trying as hard as you feel you can, but nothing is working	Prevents you from playing fluently. Clumsy mistakes are made and you doubt yourself instead of being confident in your own ability.
IPS ZONE	When you are in your IPS, you are able to carry out exactly what you want, how you want and when you want, and you are playing to your best.	Playing to the best of your ability. Everything seems easier and you feel confident and happy within yourself. Everything seems to right for you.

Finding your Ideal Performance State

In order to achieve your IPS, you must break down your thinking patterns and what they tend to lead to. In essence, the wrong thinking patterns lead to distractions, and usually come from thinking more about the past or future than the present.

	Definition	Impact on Performance
PAST	Thinking about mistakes from previous experiences.	Negative. Previous experiences can hinder your thought process and cause silly mistakes.
PRESENT	When you are playing the game fully focused and, crucially, in the present, it brings confidence and trust in your own ability and all you are thinking about is the here and now	Positive. Focusing on the here and now, taking each point/minute in your stride will influence your game in a helpful way. Playing with 100% commitment and no doubt.
FUTURE	When you lose your emotional control and start to think about the future, this will lead to the 'what if' scenario and bring feelings of anxiety, nervousness and increased pressure	Negative. Worrying about future points, penalty kicks will lead to a loss of trust in your ability and will affect your composure. This will lead to missing losing important points.
MISTAKES	Most elite athletes already have a good understanding of their most common mistakes. They will have certain 'triggers' and when stress levels rise they will repeat a few mistakes on a regular basis	Positive & Negative. If and when you do make a mistake, it is not always the mistake but how you deal and respond to it that matters. The mistake is already made so move past that, and work to ensure it doesn't happen again. Dwelling on it, will lose your focus on the game at hand.
DISTRACTIONS Internal	Being indecisive on what type of pass, or when to shoot. Thinking about something outside of your sport- family, friends etc.	These internal distractions are ones that you have control over, it is your choice what you think about when playing sport. Staying focused on the job at hand will impact positively on performance.
DISTRACTIONS External	Crowd noise, a poor refereeing decision, weather etc.	You have no control over these distractions so why worry about them? Focus on your own game and block everything else out that may put you off task.

Goal Setting

Once you have gathered information on your strengths/weaknesses it is vital to identify key developmental needs which you feel will have the biggest impact on improving your overall performance within your chosen activity. When striving to improve your level of performance it is important to set yourself goals. Goal setting is a training technique that can be used to increase an individual's commitment towards achieving a personal goal. Having a short or long term goal can encourage an individual to work harder, to be more focused on the task and to overcome setbacks more easily. Goals can be long term (e.g. over a period of 1 year), or they can be short term (e.g. over a period of 6 weeks). Setting short term-goals will assist you to reach long-term goals. When goals are achieved it gives you confidence to continue improving. These goals can be specific to fitness test results or to actual performance within the activity.

When setting goals it is vital that these goals are SMART goals. This means:

S – Specific

M – Measurable

A – Achievable

R – Realistic

I – Time Bound

Approaches to Developing Performance

Once you have identified a specific area for development it is important then to identify strategies to address the area and to improve emotional strength. Some psychological strategies which can be used are:

- Positive self – talk
- Anchors -Trigger words
- The 3 As

	Definition	Impact on Performance
Positive Self-Talk	Positive Self-talk is the talking you do in your own head to yourself, about yourself and the things that happen to you	Positive & Negative. Your self-talk can be like an internal coach, encouraging you, boosting your confidence, believing in you, and motivating you to achieve your goals. Or, your self-talk can be like the devil too of course, an internal bully, undermining you, criticising you and beating up on you when you're down. Everybody has a conversation that goes on in their head. But remember, you are the master of your destiny. You can, and more importantly should, dictate how the conversation will go.
ANCHORS (Trigger Words)	To play to your peak performance, your mind needs to be in a state of calm.	A positive word or words that help you stay in your Ideal Performance State like 'focus', 'calm down' or 'C'mon'. Whatever word/words work for you to help you staying in 'the zone'. Also remaining focused on the task at hand and not letting external factors affect your performance i.e. the opposition, weather or crowd.

The 3 'A's'

The 3 A's stand for- stand for: Acknowledge, Assess, and Apply.

You are in a match and you make a mistake. Ask yourself, "was this an acceptable mistake?" If the answer is yes, move on and get yourself ready for the next phase of play or the next point safe in the knowledge you have accepted this mistake and put it behind you.

If the answer was, "no, it was an unacceptable mistake," you need to use a strategy (the Three A's) to deal with this mistake as only when you take responsibility and deal with an unacceptable mistake can you keep your stress and arousal levels down to a manageable level, and keep yourself in a good emotional place.

ACKNOWLEDGE	What is going wrong? When unacceptable mistakes happen, recognise what is distracting you (internal or external distractions), and work out why you are not playing well.
ASSESS	How do you address the problem? Nobody knows your mistakes better than yourself. You will tend to carry out the same mistakes time and time again. It is important for you to give yourself the correction that feels right at the time, even if you choose the wrong correction! It will still have the desired effect of keeping you in the present, concentrating on your game!
APPLY	What you have decided will help your game? Then use an anchor and concentrate on your play again. Focus on the task at hand and remain calm to achieve your goal(s).

Monitoring/Recording Progress and Evaluating Success

Any approach to developing performance takes time to have a positive effect. It is important to monitor and record progress as time progresses for a variety of reasons:

- It enables teams/individuals to identify which areas of performance need most attention.
- It enables teams/individuals to identify if the approaches are effective and improvements are being made.
- It provides evidence to inform decisions about adapting/modifying or changing a performance development plan.
- It provides motivation to continue to adhere to the approaches and to continuing giving 100%.
- It provides a permanent record of progress which can be referred back to at any time in the future.
- It allows you to identify when performance goals have been reached.

Monitoring

The monitoring process is about using appropriate methods to compare data with initial benchmarks (re-test) showing any improvements that have been achieved. This will be completed periodically in line with targets

Recording

The recording process is about using appropriate methods to keep track of improvements and make adjustments immediately

A variety of methods can be used to monitor and record. For example:

- Diary
- Coach feedback
- Questionnaire
- Self-evaluation
- Audience reaction
- Team feedback
- Video

Recording Performance Development

Recording Performance	Process	Reasons/ Justifications
Team/Individual Video diary	<p>Follows set questions that can be written out on the board or given prior to discussion</p> <p>These help to structure the diary feedback</p> <p>Timings can vary but generally will last a few minutes</p> <p>Important to provide an environment where they feel they can talk freely</p>	<p>Easy and quick to administer</p> <p>The use of video allows accuracy during transcription</p> <p>Method is designed for investigating the factor</p> <p>Immediate</p> <p>Permanent record used to compare and monitor development</p> <p>Set questions used each time allow for easy comparison</p>
Written training Diary	<p>Any internal feedback provided – feeling tired, ill etc</p> <p>Any external feedback given – test scores, verbal comments from partner coach etc</p> <p>Achievement of target goals</p> <p>Session by session account showing how you are progressing</p>	<p>Easy and quick to administer</p> <p>Immediate</p> <p>Permanent record used to compare and monitor development</p> <p>Allows you to adapt/change training based on how you are progressing</p>

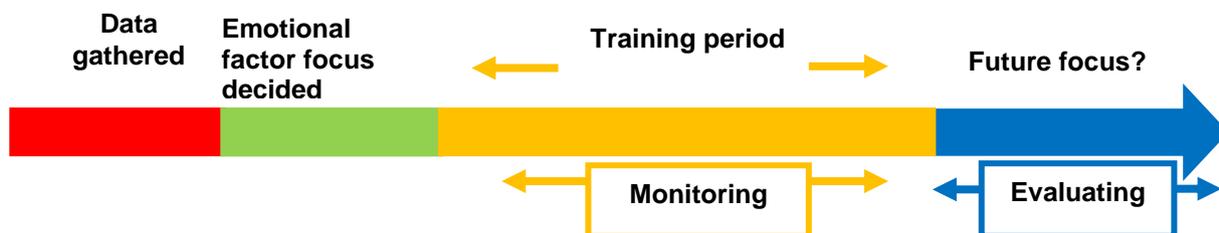
Monitoring Performance Development

What monitoring methods could we use? – Pre/Post results from data collection

1. Retest – Sport Emotion Questionnaire

- Easy to compare results and identify improvements
- More reliable and valid by using the same test protocol to make direct comparisons
- Simple to administer
- Methods specific to factor
- Protocol provides accurate and valid data
- **Evaluating the Performance Development Plan**

Evaluation takes place after the development plan has been completed and is a comparison between your performance before the plan and after the training is completed.



Evaluating	Steps to Evaluating	Purpose of Evaluating
	<p>Identify the level of performance prior to the start of the development plan.</p> <p>Re-test using the same initial data collection methods.</p> <p>Make a comparison between the levels of performance.</p> <ul style="list-style-type: none"> • Are improvements evident? • If so, what effect have these improvements had on overall performance? • Where do the future development needs now lie? 	<p>In order to continue to develop performance we must understand how much improvement we have made.</p> <p>Evaluating our development plan allows us to see specifically where progress was made or halted.</p> <p>By successfully monitoring our development plan we are able to adapt our future plan to include only the most effective training approaches</p>

Evaluating our Monitoring Methods

It is also important to evaluate the methods we used to monitor performance development. In order to evaluate monitoring methods we must look at the advantages and disadvantages of our chosen methods:

- Does the monitoring tool record what you want it to?
- Is it easy/difficult to use?
- How much information are you getting from the method?
- Can the test conditions be kept the same each time monitoring takes place?
- Can the data be interpreted easily?