

BTEC SPORT, ACTIVITY AND FITNESS

COMPONENT 2 - LEARNING AIM C – The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity

Block A – The impact of motivation on participation in sport and activity	
Definition of motivation	The internal mechanisms and external stimuli that arouse and direct behaviour.
Types of motivation	Intrinsic motivation – motivation that comes from internal factors Extrinsic motivation – when external factors provide the motivation to take part in fitness activity. Both tangible and intangible rewards.
Benefits of increased motivation on fitness participation levels	<ul style="list-style-type: none"> o intensity of effort during participation is higher o continuing to take part on a regular basis o overcoming adversity o higher enjoyment levels o increased intrinsic and extrinsic rewards.

Block B – The impact self-confidence can have on participation in sport and activity	
Definition of self-confidence	The belief that a desired behaviour can be performed
Benefits of self-confidence	<ul style="list-style-type: none"> o increased intrinsic motivation, leading to increased participation levels o positive attitude to fitness, sport or activity, increasing belief that participants can reach their goal o improved performance o improved concentration and effort
Methods to increase self-confidence	<ul style="list-style-type: none"> o Leaders of sport and activity can provide extrinsic motivation through positive reinforcement o creating a positive environment so that participants feel comfortable exercising o working with a training partner of similar ability o goal setting – setting realistic goals for the fitness session o self-talk – positive self-encouragement during the fitness session.

Block C – The impact of anxiety on participation in sport and activity	
Definition of anxiety	The level of worry or nervousness a participant experiences.
Types of anxiety	<ul style="list-style-type: none"> o state – anxiety refers to a particular situation, may arise when there is a high-pressure situation and the participant must perform o trait – the participant is tense and apprehensive as a character of their personality and therefore anxiety is a consistent feeling for them (the nervous system is continually activated in a number of situations).
Effects of anxiety on participation in sport and activity	<p>Somatic anxiety – physical effects of anxiety that are brought on by state or trait anxiety - butterflies in the stomach, muscle tension, increased heart rate, increase sweat rate</p> <p>Cognitive anxiety - psychological effects of anxiety that are brought on by state or trait anxiety – feeling worried, poor concentration levels, lack of sleep due to overthinking.</p>
Methods of controlling anxiety in a sport or activity environment	<ul style="list-style-type: none"> o fitness induction to familiarise the participant with the facilities and equipment o use of music – participants can choose music that lowers anxiety levels and motivates them to participate o fitness classes, outdoor activities and sports training are based on ability levels and therefore participants feel comfortable participating at the right level for them o pre-match team talk to reassure players and reduce worry