

Imagine Winning (HL)



Name:

Teacher: Mr Trent

C.4.2 Coping

C.4.2.1—A stressor causes psychological strain. This can be positive, such as looking forward to an opportunity, or negative, such as fearing an outcome.

- € Individuals seek to manage stressors through coping strategies.
- € These are categorized as:
 - € problem focused—strategies that seek to alter the stressor and include problem solving, removing the source of stress or information seeking
 - € emotion focused—strategies that do not alter the stressor but regulate the negative emotional response to it; they include
 - € relaxation,
 - € seeking emotional social support
 - € self-talk
 - € avoidance focused—strategies that attempt to prevent the negative impact of a stressor by physically or psychologically distancing oneself from it; they include
 - € ignoring
 - € procrastinating
 - € quitting.
- € Self-talk is a simple coping technique that can be problem focused or emotion focused.
- € Unintentional self-talk can be negative or positive.
- € Practical mechanisms for self-talk include: recalling how positive experiences in the past felt, using an acronym of helpful phrases and describing a physical movement in a simple word.
- € Relaxation skills can be developed for greater control of heart rate.

C.4.2.2—Stressors can be considered as either controllable or uncontrollable.

- € Problem-focused coping is more effective for controllable stressors.

- € Emotion-focused coping is more effective when the stressor is uncontrollable.

C.4.2.3—Many coping strategies have been shown to be effective for athletes, although the effectiveness of each is specific to the individual and the situation.

- € Seeking support has been shown to be the most effective type of coping strategy for athletes.
- € Seeking support can be a problem-focused or emotion-focused coping strategy, depending on whom support is sought from.
- € Logical analysis, relaxation, mental imagery, thought control and effort expenditure are common effective coping strategies used by athletes.
- € Distraction can be a useful short-term emotion-focused coping strategy, but it is not effective for reaching goals.
- € Coping strategies involving disengagement, such as
- € mental or physical withdrawal,
- € venting unpleasant emotions
- € self-blame are maladaptive strategies.

Do Now:

1. Brainstorm 5 stressful situations
2. Discuss the outcomes of whether the stress was removed by completing the task or avoiding the task
3. How do you avoid stressful situations?

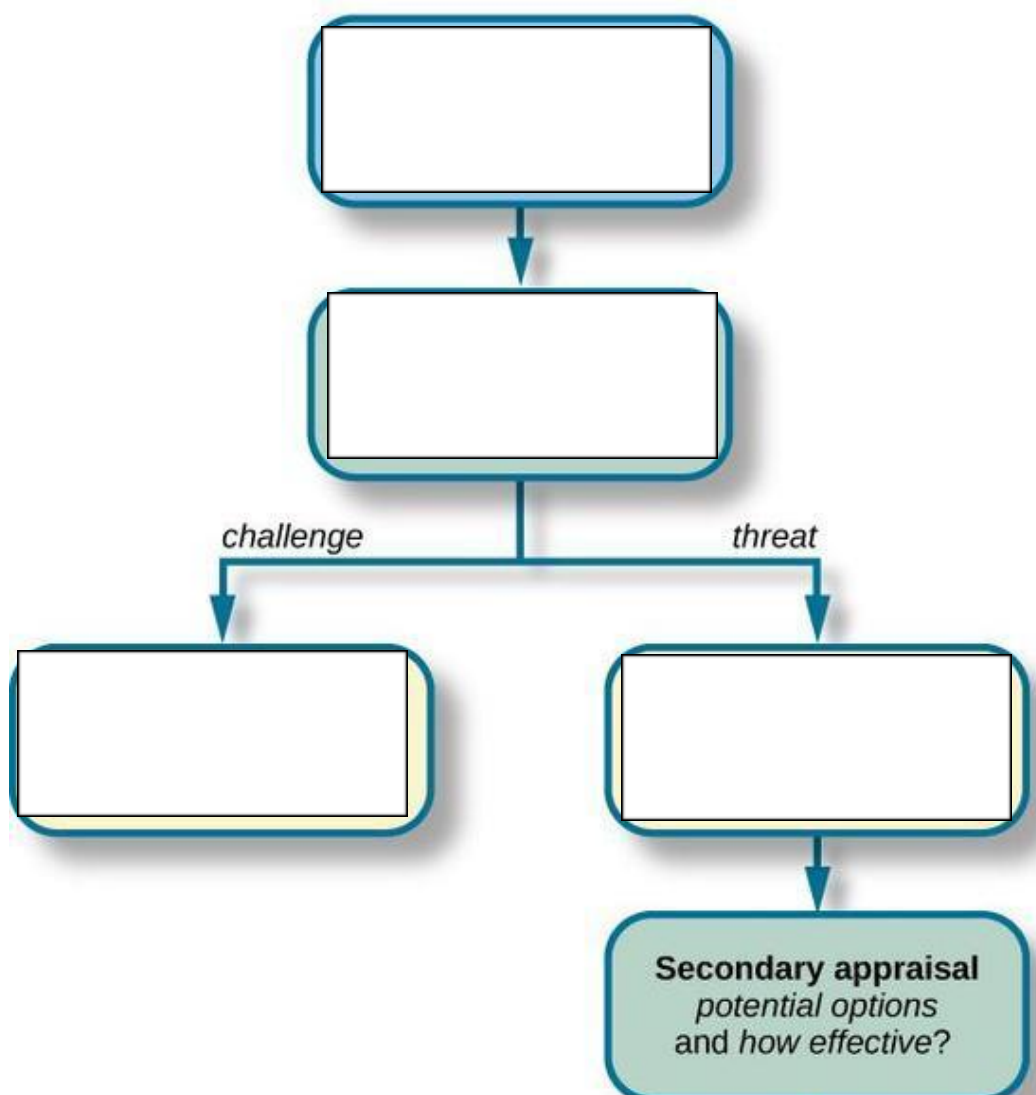
Define 'stressor'

A **stressor** is any _____ **demand** that places pressure on an individual and has the potential to disrupt their _____ or psychological equilibrium, requiring a _____ response.

Identify whether each example is a positive or negative stressor. Write one positive and one negative

What is coping?

Constant changing _____ and _____ efforts to manage specific internal and/or external demands that are appraised as taxing or exceeding the _____ of the person.



Can I control the relationship between the environment and me?

- A. Problem-Focused

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- P_____ – identifying the cause of stress and generating solutions
- Information seeking – gathering advice, feedback, or knowledge to manage the stressor
- Planning and_____ management – reorganising schedules or workload
- _____ – breaking a stressor into manageable, achievable steps
- Removing or reducing the stressor – changing training load, environment, or commitments
- Seeking instrumental _____ – practical help from coaches, teachers, parents, or teammates
- _____ development – improving technical, academic, or coping skills to reduce the stressor

- Decision making – prioritising tasks or making changes to eliminate unnecessary demands
- Resource management – accessing facilities, equipment, or support services to solve the problem

- B. Emotion-Focused

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What is self talk?

- Self-talk is a psychological skill that refers to the _____

 _____ before, during, and after performance.

What is Positive Self Talk?

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What is negative Self Talk?

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What are the types of self talk?

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- C. Avoidance-Focused
- avoidance focused—strategies that attempt to _____ the negative impact of a stressor by physically or psychologically distancing oneself from it; they include
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List ways an athlete can cope:

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Give examples of the following self-talk phrases:

- A. Positive

- B. Negative

- C. Neutral

Create a personal acronym using 4 words or phrases that would motivate you in a high-pressure moment: Example: B.R.A.V.E = Breathe, Reset, Attack, Visualise, Execute

List two relaxation techniques athletes use before performance:

Describe how relaxation can impact an athlete's heart rate and performance:

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C.4.2.2—Stressors can be considered as either controllable or uncontrollable.

Controllable:	Uncontrollable

Coping strategy		Definition
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Logical analysis		The athlete increases or regulates effort levels to meet the demands of the situation, helping them cope with stress through active engagement.
Relaxation		The athlete deliberately replaces negative or distracting thoughts with positive or task-focused thoughts to maintain concentration.
Mental imagery		The athlete visualises successful performance or calm responses to stressful situations to enhance confidence and emotional control.
Thought control		The athlete uses techniques such as deep breathing or progressive muscle relaxation to reduce physiological arousal and tension caused by stress.
Effort expenditure		The athlete objectively evaluates the situation by identifying causes of stress, possible solutions, and likely outcomes in order to manage the stressor effectively.

How can distraction help support coping?

Emotion-focused coping strategy and is useful when the stressor is outside the athlete's control

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Compare and contrast controlled distraction from attentional narrowing and distraction for coping?

Coping strategies involving disengagement:

Scenario: You've just lost a semi-final due to a missed penalty. Your team is blaming you. You feel embarrassed, and the finals were your main goal for the year.

Identify three stressors in this situation

Choose one coping strategy from each category that might help:

- Problem-focused:
- Emotion-focused:
- Avoidance-focused:

Which strategy would be most helpful and why?

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Tick whether the strategy is effective or maladaptive for long-term sport success:

Strategy	Effective 	Maladaptive 
Talking to a sports psychologist		
Withdrawing from all training		
Deep breathing and visualisation		
Venting frustration at teammates		
Blaming yourself repeatedly		

What's one coping strategy that works best for you personally, and why?

What's one new technique you want to try this season?

What advice would you give a younger athlete about managing stress in sport?

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1. Which of the following is an example of an emotion-focused coping strategy?

- A. Problem solving
- B. Information seeking
- C. Relaxation
- D. Quitting

2. What type of coping strategy involves mentally or physically distancing from a stressor?

- A. Emotion-focused
- B. Avoidance-focused
- C. Problem-focused
- D. Distraction-focused

3. Which of the following would be considered a maladaptive coping strategy?

- A. Seeking social support
- B. Positive self-talk
- C. Venting frustration at teammates
- D. Deep breathing

- 4.** Self-talk can be:
- A. Only negative
 - B. Only positive
 - C. Emotion-focused only
 - D. Either positive or negative, and either problem- or emotion-focused
- 5.** Which strategy is most effective when dealing with an uncontrollable stressor?
- A. Problem-focused
 - B. Avoidance-focused
 - C. Emotion-focused
 - D. Distraction
- 6.** Which of the following techniques is most likely to reduce heart rate before performance?
- A. Watching match replays
 - B. Deep breathing
 - C. Jumping exercises
 - D. Listening to fast-paced music
- 7.** Which statement is true about coping in sport?
- A. All avoidance-focused strategies are helpful
 - B. Logical analysis is maladaptive
 - C. Seeking support can fall under different coping types
 - D. Distraction is always beneficial
- 8.** Which of the following is not a problem-focused coping strategy?
- A. Problem solving
 - B. Information seeking
 - C. Self-blame
 - D. Removing the stressor
- 9.** What makes a coping strategy maladaptive?
- A. It is individualised
 - B. It improves confidence
 - C. It increases disengagement
 - D. It's used in controllable situations
- 10.** Which coping strategy is least useful for achieving long-term goals?
- A. Thought control
 - B. Distraction
 - C. Logical analysis
 - D. Effort expenditure

- 11.** What is an example of a controllable stressor in sport?
- A. Referee decisions
 - B. Teammate injury
 - C. Nutrition preparation
 - D. Weather conditions
- 12.** When is problem-focused coping most appropriate?
- A. When under time pressure
 - B. When fatigued
 - C. When the stressor is controllable
 - D. When anxious
- 13.** What is the best example of an avoidance-focused strategy?
- A. Talking to a coach
 - B. Procrastination
 - C. Progressive muscle relaxation
 - D. Visualisation
- 14.** Which of the following is a practical self-talk mechanism?
- A. Watching motivational videos
 - B. Using acronyms like B.R.A.V.E
 - C. Listing past mistakes
 - D. Replaying failures
- 15.** Why might self-blame be harmful to athletes?
- A. It increases confidence
 - B. It decreases long-term performance
 - C. It builds resilience
 - D. It strengthens team cohesion

C.5 Psychological skills

C.5.1.1—Goal setting directs attention to a specific task. It is regularly used to enhance motivation in sport, exercise and health.

- € Outcome goals are norm-referenced and use an objective result as the target.
- € Learning-focused goals include performance goals and process goals.
- € Performance goals are self-referenced and specify a measurable target, representing an improvement in performance.
- € Process goals are self-referenced and focus on the technique or strategy required to execute a skill successfully.
- € The effectiveness of each type of goal depends on the individual and their achievement motivation.

C.5.1.2—The goal-setting paradox explains that elite athletes often feel less satisfied when a higher goal is achieved than an easier goal. This is thought to be the result of feelings of deflation after success

- € Goal adjustment is considered more important than goal setting.
- € Research suggests that some individuals perform best with “do-your-best” goals or “open” goals

C.5.2 Imagery

C.5.2.1—Imagery is an experience that mimics real experience. It involves using a combination of different sensory modalities in the absence of actual perception.

- € The purpose of imagery can be cognitive or motivational, specific or general.
- € The PETTLEP model—physical, environment, task, timing, learning, emotion, perspective—is used in sport to create the most functionally equivalent image possible.
- € Paivio’s imagery framework can be used to determine the appropriate function of imagery.

Outcome goals are norm-referenced and use an objective result as the target & Learning-focused goals include performance goals and process goals.

- State what you think outcome focused goals and learning focused goals are
- Suggest whether they are outcome or learning focused

- Suggest some benefits or potential issues

1. A sprinter aiming to win a gold medal in the 100m race.
2. A basketball team setting a goal to become league champions.
3. A golfer focusing on maintaining proper posture during a swing.
4. A tennis player aiming to reach the top 10 world rankings.
5. A basketball player working on keeping their shooting form consistent.

Aspect	Learning-Focused Goals (Performance & Process)	Outcome Goals (Norm-Referenced)
Definition		
Control		
Motivation Type		
Effect on Performance		
Impact of Failure		

Best Used For	- Athletes in training or skill development phases.	- Elite athletes in high-stakes competitions.

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Performance Goals focus on

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Process Goals focus on

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The More You Learn, The Less You Know

A paradox is a situation, statement, or concept that contradicts itself or goes against common sense, yet may still be true.

Why does an athlete feel less satisfied when a higher goal is achieved?

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How does an athlete overcome the paradox?

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 Olympic Gold Medallist – An athlete wins gold, how do they feel?

How does their goal setting change afterwards?

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 Football Striker – A player scores 30 goals in a season. how do they feel? How does their goal setting change afterwards?

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Explain how **adjusting goals** can improve an athlete's performance, motivation, and long-term success.

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Research suggests that some individuals perform best with “do-your-best” goals or “open” goals. Who benefits from these goals?

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Imagery mimics real experience – The brain activates similar neural pathways during imagery as it does during actual performance.

List 4 ways that imagery can prepare someone for a performance

- 1.
- 2.
- 3.
- 4.

Choose one of the following:

1. Basketball
2. Sprinting
3. Golf Putting
4. Swimming
5. Soccer

The PETTLEP Model for Mental Imagery

Paivio's Framework categorises Mental Imagery into 2 may dimensions

- 1.
- 2.

Type	Specific (Focused on One Action)	General (Broad Themes)
Cognitive		
Motivational		

