ATTENTIONAL CONTROL

Using practical examples from sport, explain the effects of cue utilisation on performance.

(5)

1.	(focus without mentioning arousal)	This focuses attention/concentration/selective attention/perceptual narrowing. Eg a goalkeeper will keep her eye on the ball during a penalty kick
2.	(arousal)	Attention increases as arousal increases (up to an optimum point). Eg when a hockey player is about to start a competitive game he concentrates on the ball or ignores the crowd
3.	(low arousal so miss cues)	(but) Low levels of arousal/wide field of attention can lead to poor performance **because** important/relevant cues are missed or irrelevant cues are attended to. Eg a volleyball player will miss the ball because he is not paying enough attention
4.	(optimum arousal)	When arousal is moderate/optimal/at the right level then attention / performance can increase **because** important cues/signals/stimuli can be attended to. Eg a tennis player will be psyched up to return the serve but is under control
5.	(ZOF/confidence)	Enter zone of optimal functioning/in the zone/peak flow experience affecting performance positively **because** building confidence/well-being leading to good performance. Eg the swimmer will feel that she is confident during the race
6.	(high arousal so miss cues)	If arousal continues to increase or is high then this results in narrowing of attention **because** leading to the missing of vital cues/signals/reduction in performance/poor performance. Eg a netball player loses her opponent because she is too anxious
7.	(high arousal so too much information process)	If arousal is high then processing system could be overloaded/information overload **because** performer cannot sort out all the information or leads to confusion or the performer 'freezing' Eg a tennis coach is shouting out too many instructions in an important match
8.	(hypervigilance)	High arousal can lead to hypervigilance that can be good if very narrow attention needed eg archery but bad if other cues missed eg as a midfield player in football.

Describe Nideffer's attentional styles of broad, narrow, external and internal.
Use practical examples to explain how BROAD and INTERNAL styles might be used in different sports situations.

(6)

1.	(Broad)	Focus or concentrate on a lot of information or peripheral stimuli/placements or positions of other players or performers
2.	(Narrow)	Focus or concentrate on very few stimuli/concentrate on small amount of information
3.	(External)	Focus or concentrate on outside/environmental factors
4.	(Internal)	Focus or concentrate on themselves/affective responses/emotions/own thoughts/strategies or tactics

Practical examples of Broad and Internal (sub max 2):

5.	(Broad Eg)	Eg football player looks up for pass to a number of possible teammates but still has ball under control eg tactics for a free kick
6.	(Internal Eg)	Eg a tennis player realises that she does not feel confident when attempting a serve with slice. Eg planning the tactics for the free kick

Explain what is meant by cue-utilisation and how it links with arousal levels.

(5)

(Cue utilisation) **sub max 2**
1 Concentration/focus on what is important/selecting the right signals/stimuli/selective attention
2 Ignore irrelevant stimuli
3 Using the right attentional control/style/attending with appropriate width/direction

(Links with arousal) **sub max 4**
4 Low arousal too many cues/irrelevant cues/both relevant and irrelevant cues/stimuli are selected/attentional field is wide/information overload.
5 As arousal raises attention narrows/only relevant cues are processed/hypervigilance.
6 At optimal arousal level irrelevant cues are blocked/ignored/gate out (and performance improves)/in the zone
7 At high/over arousal relevant cues will be lost (and performance may deteriorate)/irrelevant cues are picked up
8 Inverted U can be applied to show relationship between arousal and cue utilisation
9 The effectiveness of cue utilisation/arousal depends on the ability of the performer/task complexity/personality