



# Mental Related Fitness



# Mental Fitness

**Concentration:**

Ability to keep focus on performance

**Confidence:**

How confident performer is in their skill level

**Motivation:**

Desire to win or succeed



# Mental Fitness

Depends on various factors including:

- Opponents
- Fitness level
- Personal skill level
- Spectators

World cup final →



# Mental Fitness

**Opponents:** Are they better performers?

**Fitness level:** Better fitness levels means your skill level stays high towards the end of the game

**Personal skill:** You maybe a more skilful performer than your opponent. How can you take advantage of this?

**Spectators:** Some football stadiums can be quite intimidating.



# Mental Preparation

We can prepare ourselves mentally for many activities, eg, 1500m

- Can plan the race
- Splitting into different stages - lap 1 / 2-3 / 4(enough to finish strong)
- Running the race 'in your head'



# Questions

1. Choose an activity from your Standard Grade course. Suggest why **concentration** is an important mental aspect of fitness when participating in the activity. Give a specific example.

Activity: \_\_\_\_\_

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# Questions

2. Choose an activity from your Standard Grade course. Suggest why **confidence** is an important mental aspect of fitness when participating in the activity. Give a specific example.

Activity: \_\_\_\_\_

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# Questions

3. Choose an activity from your Standard Grade course. Suggest why **motivation** is an important mental aspect of fitness when participating in the activity. Give a specific example.

Activity: \_\_\_\_\_

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