



Controlling Arousal

World Snooker Championship

In snooker, maintaining optimal arousal levels is essential for peak performance. As a precision-based sport requiring high levels of concentration, fine motor control, and decision-making, snooker players must avoid both under-arousal and over-arousal.

In snooker, players must regulate arousal levels carefully. According to the inverted-U theory, what happens if arousal is too high?



Explain a stress management technique that a snooker player could use before or during a match and how it could benefit their performance.

Describe the relationship between arousal level and performance level.