

Name: \_\_\_\_\_ Per \_\_\_\_\_ Date \_\_\_\_\_

**Continuum of Physiological Arousal**

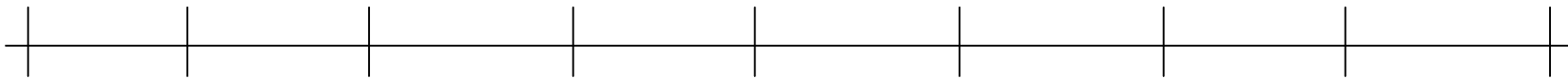
Worksheet 21.1

1. Place each of the following sports or skills on the continuum at the level of arousal that is optimal for that sport or skill (that will result in the best possible performance).
2. You'll have to write small and use both the top and bottom of the line.

Chess  
Batting (baseball, softball)  
Sprinting  
Free throw (basketball)  
Shot put  
Wrestling  
Quarterback (football)  
Offensive Lineman (football)  
Tennis

Basketball play  
Soccer  
Soccer goalkeeper  
Cycling  
Boxing  
Volleyball  
Gymnastics  
Diving  
Archery

Martial Arts  
High Jump  
Long distance running  
Golf  
Skateboarding  
Playing a musical instrument  
Pitching (baseball, softball)  
Power lifting (weights)  
Swimming



Requires  
Very LOW  
Arousal

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Very LOW  
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