



**TESKAL**

*Enjoy the pressure*

# UNIT 2

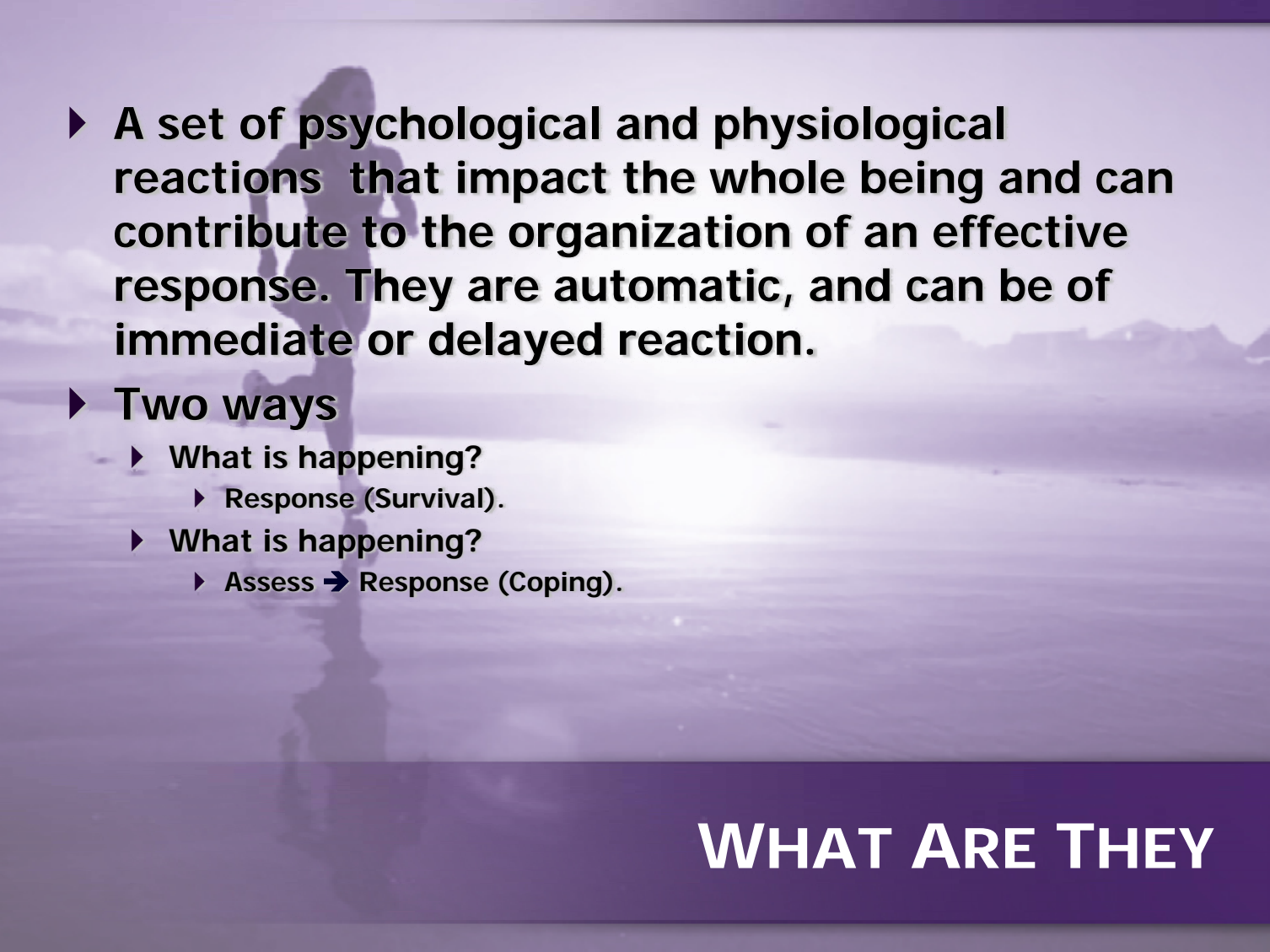
## EMOTIONS AND SPORT PERFORMANCE

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's silhouette is visible against the bright background. The overall scene is peaceful and active.


## ► Influences in the area of sport

- Emotional changes.
- Activation level.
- Self-regulatory system.
- Coping styles.
- Cognitive activity.

INTRODUCTION

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and long, dark shadows. The person's shadow is cast long and dark on the sand. The background shows the ocean and distant mountains under a purple and orange sky.
- ▶ A set of psychological and physiological reactions that impact the whole being and can contribute to the organization of an effective response. They are automatic, and can be of immediate or delayed reaction.
  - ▶ Two ways
    - ▶ What is happening?
      - ▶ Response (Survival).
    - ▶ What is happening?
      - ▶ Assess → Response (Coping).


WHAT ARE THEY

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- ▶ Importance of the relationship between memory, emotion and behavior.
  - ▶ Potential increase in the sport domain.
    - ▶ "The tide effect".
  - ▶ Ideal framework for emotional manifestation.
  - ▶ We learn how to manage emotions through self-control.

RELEVANT ASPECTS (1)


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- A person is running on a beach at sunset. The person is in the foreground, running towards the right. Their reflection is visible in the water. The background shows a bright sunset over the ocean, with mountains visible in the distance. The overall color scheme is purple and blue.
- ▶ **Emotional Intelligence is a set of skills that must be developed.**
  - ▶ **They generate motion towards action.**

RELEVANT ASPECTS (2)

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- A person is running on a beach at sunset. The person is in the foreground, slightly to the left, and is running towards the right. The background shows the ocean and a hazy horizon with mountains in the distance. The sky is a mix of purple and orange, and the water is calm with some ripples. The overall mood is peaceful and active.
- ▶ **Adaptive coping response that allows us to react in vital situations, such as**
    - ▶ When facing an immediate danger.
    - ▶ Suffering an irreparable loss
    - ▶ Progressing towards a goal
    - ▶ Resisting adversity
  - ▶ **Therefore**
    - ▶ “Emotional Intelligence is a set of skills that can be developed”.

RELEVANT ASPECTS (3)



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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's silhouette is visible against the bright background. The overall scene is peaceful and evocative.
- ▶ **Unpleasant**
  - ▶ **Existential**
  - ▶ **Vital positive**
  - ▶ **Vital negative**
  - ▶ **Empathic**

## EMOTIONAL CLASSIFICATION (1)

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The overall scene is peaceful and serene.

## ► Unpleasant


- Anger

- Envy

- Jealousy

# EMOTIONAL CLASSIFICATION (2)



- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The overall scene is peaceful and evocative.
- ▶ **Existential**
    - ▶ **Fear/anxiety**
    - ▶ **Guilt**
    - ▶ **Shame**

EMOTIONAL CLASSIFICATION (3)

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The overall scene is peaceful and inspiring.


## ▶ Vital Positive

- ▶ Happiness

- ▶ Pride

- ▶ Love

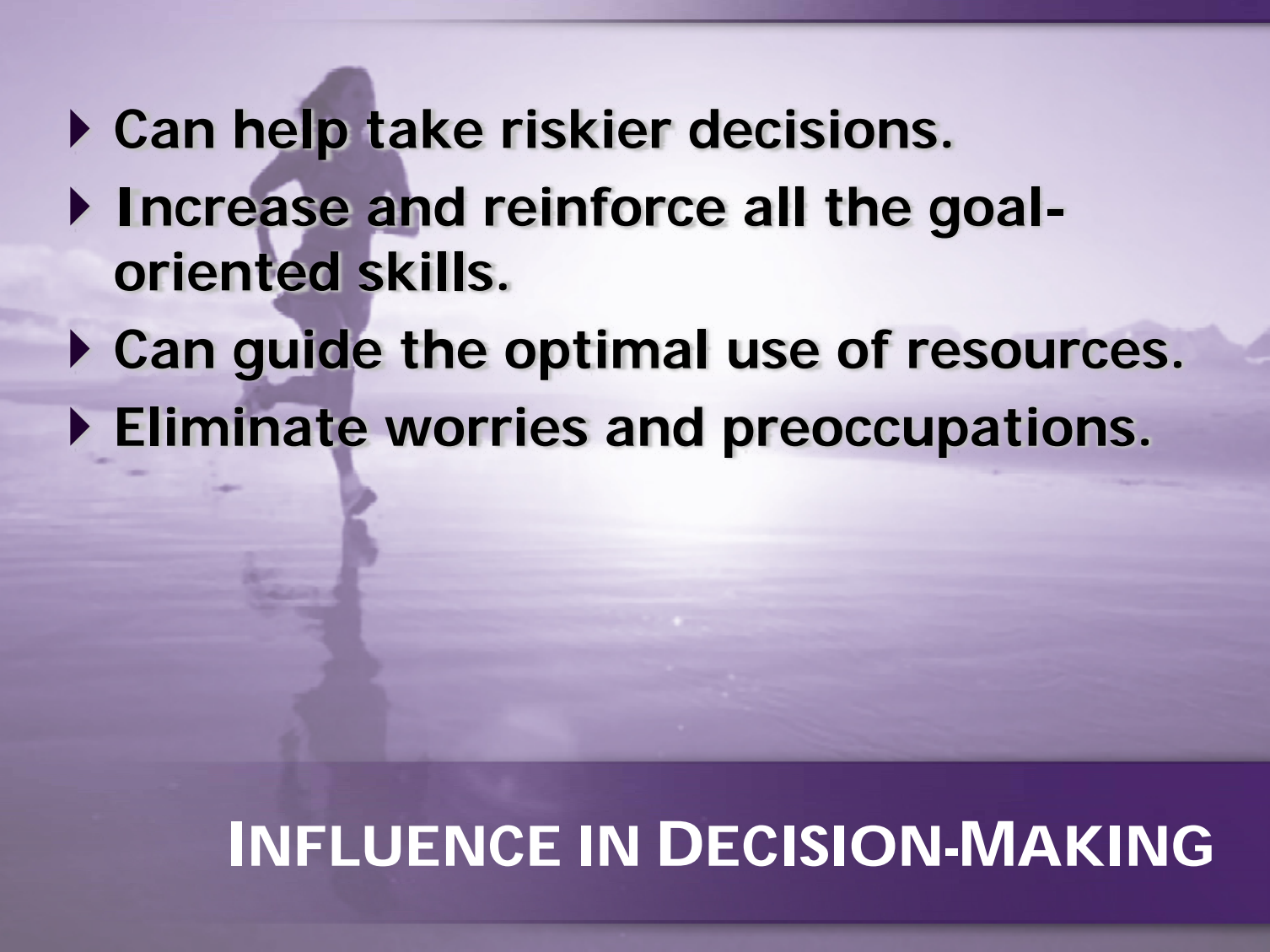
# EMOTIONAL CLASSIFICATION (4)

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The background shows a hazy coastline with buildings.
- ▶ **Vital Negative**
    - ▶ **Worry**
    - ▶ **Hopelessness**
    - ▶ **Sadness/depression**

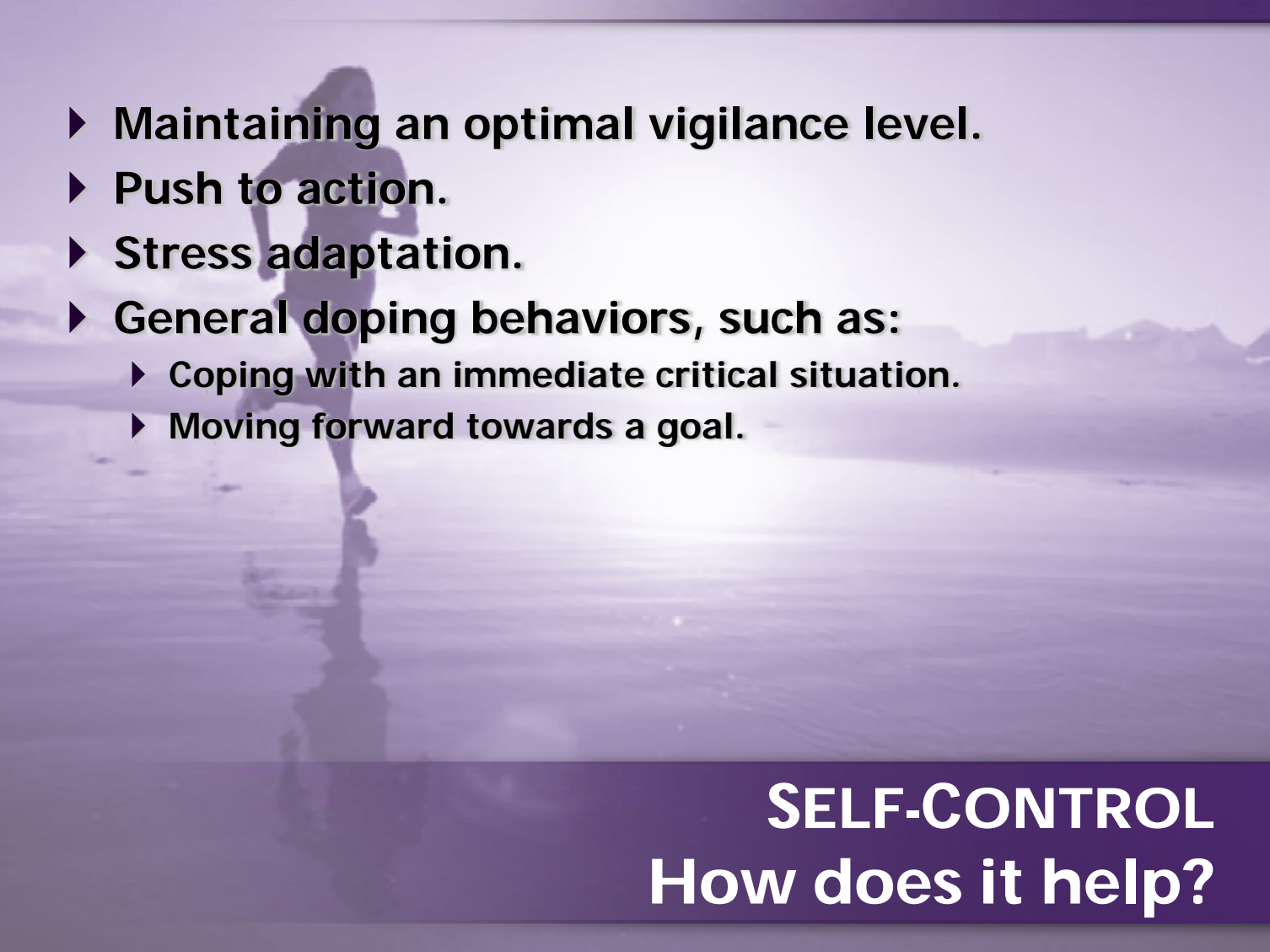
EMOTIONAL CLASSIFICATION (5)

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- A person is running on a beach at sunset. The person is in the foreground, running towards the right. Their reflection is visible in the shallow water on the sand. The background shows a bright sunset over the ocean, with mountains visible in the distance. The sky is a mix of purple and orange.
- ▶ **Empathic**
    - ▶ **Gratitude**
    - ▶ **Compassion**

EMOTIONAL CLASSIFICATION (6)

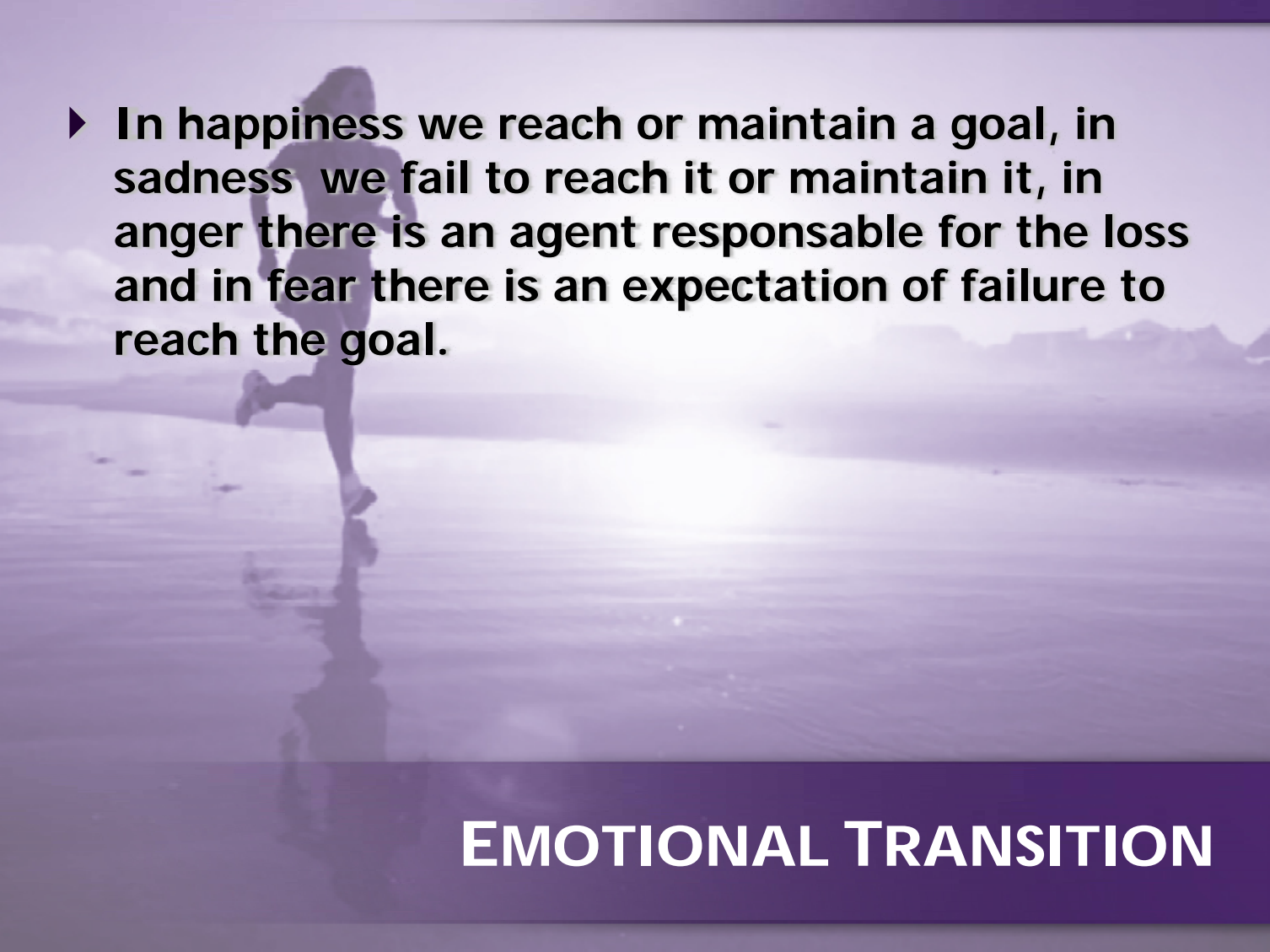
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- ▶ Can help take riskier decisions.
  - ▶ Increase and reinforce all the goal-oriented skills.
  - ▶ Can guide the optimal use of resources.
  - ▶ Eliminate worries and preoccupations.

INFLUENCE IN DECISION-MAKING

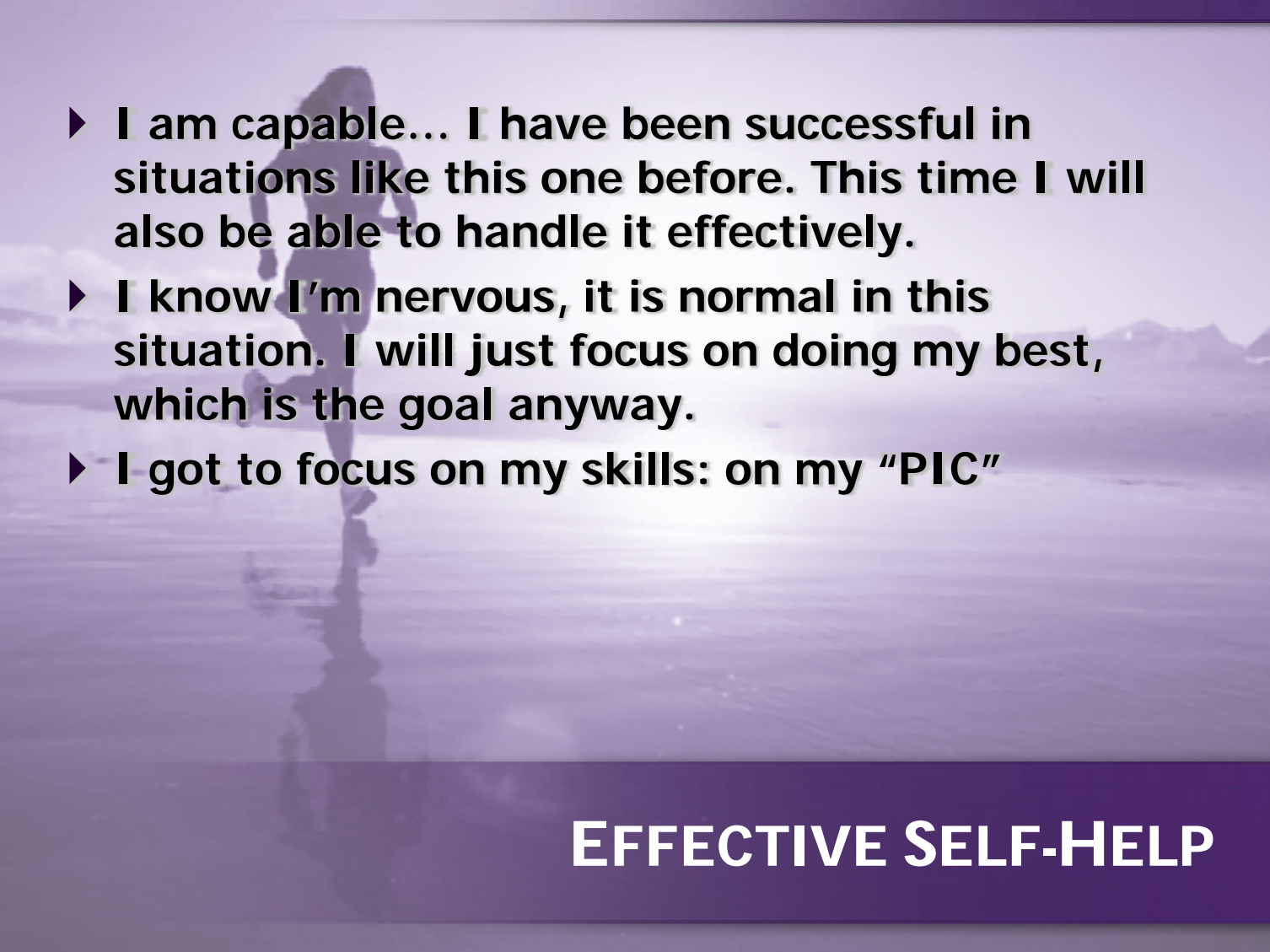
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- A person is running on a beach at sunset. The person's reflection is visible in the water. The background shows a sunset over the ocean with mountains in the distance.
- ▶ **Maintaining an optimal vigilance level.**
  - ▶ **Push to action.**
  - ▶ **Stress adaptation.**
  - ▶ **General doping behaviors, such as:**
    - ▶ **Coping with an immediate critical situation.**
    - ▶ **Moving forward towards a goal.**

**SELF-CONTROL**  
**How does it help?**



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- A person is running on a beach at sunset. The person is in the foreground, running away from the viewer towards the ocean. Their reflection is visible in the wet sand. The sun is low on the horizon, creating a bright glow and long shadows. The sky is a mix of purple and orange.
- ▶ In happiness we reach or maintain a goal, in sadness we fail to reach it or maintain it, in anger there is an agent responsible for the loss and in fear there is an expectation of failure to reach the goal.

EMOTIONAL TRANSITION

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- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's silhouette is visible against the bright background. In the distance, there are mountains.
- ▶ I am capable... I have been successful in situations like this one before. This time I will also be able to handle it effectively.
  - ▶ I know I'm nervous, it is normal in this situation. I will just focus on doing my best, which is the goal anyway.
  - ▶ I got to focus on my skills: on my "PIC"

EFFECTIVE SELF-HELP