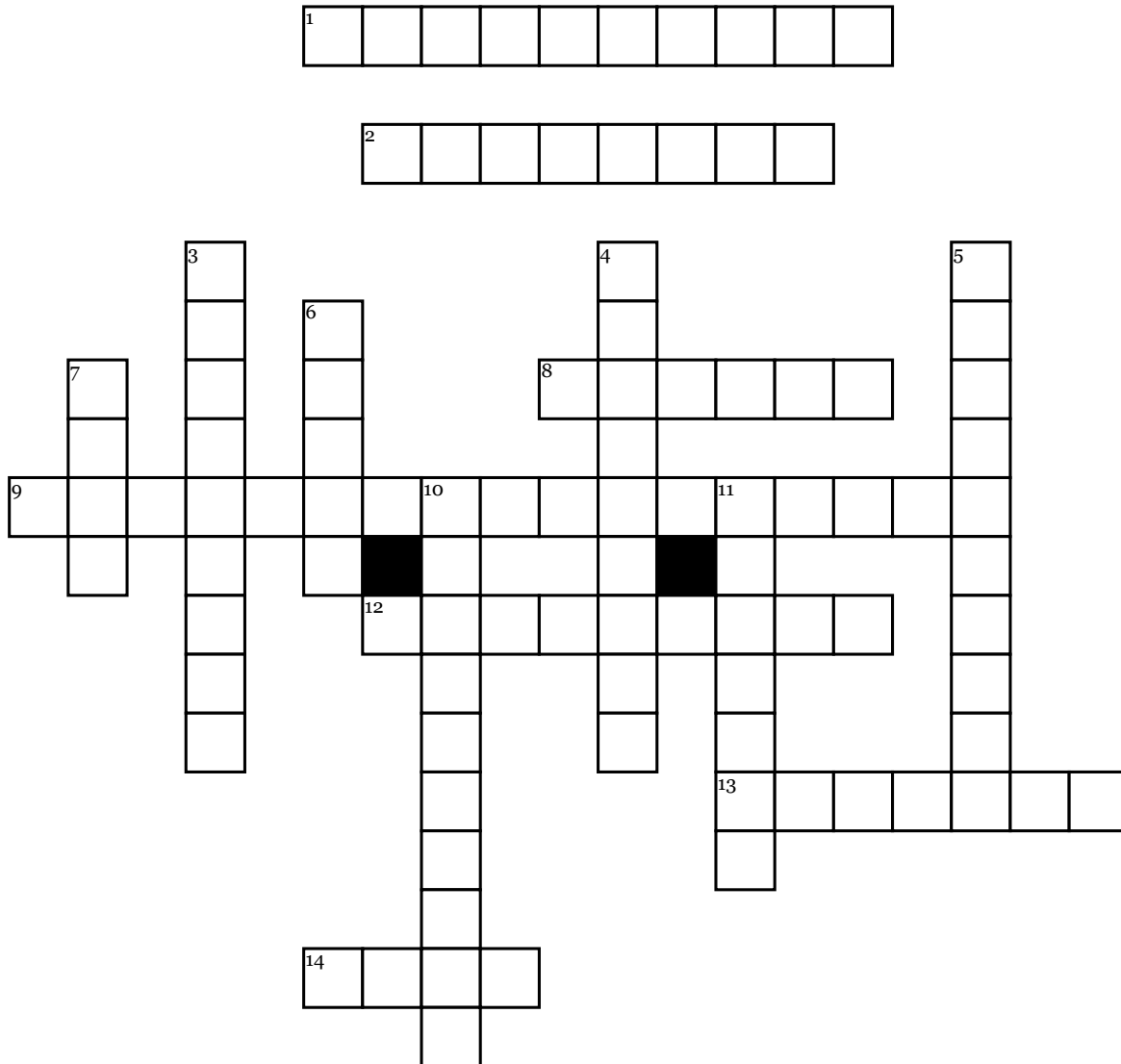


Sports Psychology



Across

1. What are rewards that cannot be physically held or shown
2. What are rewards that can be physically held and shown
8. a state of psychological tension produced by external or internal forces
9. intrinsic motivation + extrinsic motivation =
12. internal and external forces

13. a state of high physical arousal associated with feelings of worry

14. the successful execution of a skill without negative influence from competing distractions

Down

3. What kind of motivation comes from internal factors
4. What motivation comes from external motives

5. which hormone plays a big part in arousal

6. the complete attention to the execution of a skill

7. Something that an individual wants to achieve

10. What internal force activates, directs and sustains behavior to attain a goal

11. An organism's overall state of excitement, alertness and readiness for action