

PED 129
Class 7 – Effects of Stress on Performance (III)

Methods That Control the Effects of Survival Stress

- Technique Confidence
 1. Lowers working heart rate
 2. Activates a positive mindset – performance enhancer (“bulletproofing”)
- Motor Skill Selection
 1. Fine/complex motor skills inhibited by stress response
 2. Gross motor skills optimal to high-stress environment
 3. “Inverted U” law (Levitt, 1972): optimal cognition/motor performance occurs between 115 and 145 bpm -> survival skills should mostly consist of gross motor skills
- Neural Programming
 1. Motor program development (static, fluid, dynamic progression)
 2. KISS: Hick’s Law (Hick, 1952) states that adding a response option increases reaction time by 58% -- horizontal vs vertical decision-making
- Breath Control
 1. Reduces heart rate by controlling respiration
 2. 2-2-2 Drill: 2 counts in, 2 counts hold, 2 counts out
- Faith and Personal Values: fear of death