

We propose a Theory of Challenge and Threat States in Athletes (TCTSA) which is an amalgamation and extension of the biopsychosocial model of challenge and threat, the model of adaptive approaches to competition and the debilitating and facilitative competitive state anxiety model. In the TCTSA we posit that self-efficacy, perceptions of control, and achievement goals determine challenge or threat states in response to competition. Distinct patterns of neuroendocrine and cardiovascular responses are indicative of a challenge or threat state. Increases in epinephrine and cardiac activity, and a decrease in total peripheral vascular resistance (TPR) characterise a challenge state and increases in cortisol, smaller increases in cardiac activity and either no change or an increase in TPR characterise a threat state. Positive and negative emotions can occur in a challenge state while a threat state is associated with negative emotions only. Emotions are perceived as helpful to performance in a challenge state but not in a threat state. Challenge and threat states influence effort, attention, decisionmaking and physical functioning and accordingly sport performance. The TCTSA provides a framework for practitioners to enhance performance, through developing a challenge state, and encourages researchers to explore the mechanisms underlying performance in competition

Reference

[Immune Resilience: The Breakthrough Plan to Protect Your Body and Fight Disease](#)

[Clear Her Name: A Mother's Journey in Legal Research to Save Her Daughter](#)