



A Methodology for Introducing Competitive Anxiety and Pressure in VR Sports Training

Athletes' performance is influenced by internal and external factors, including their psychological state and environmental factors, especially during competition. As a consequence, current training programs include stress management. We explore whether highly immersive systems can be used for such training programs. We proposed methodological guidelines to design sport training scenarios based on Flow and social-evaluative threat theories. This demo illustrates our methodology, which reproduces a 10m Olympic pistol shooting. The simulation includes stressors in order to raise a social-evaluative threat, such as aggressive public behavior or unforced errors, increasing the pressure while performing the task.

Contact: Ferran Argelaguet, Franck Multon, Anatole Lecuyer