

# COURSE DETAIL

## PEAK PERFORMANCE UNDER PRESSURE

**Country**

Australia

**Host Institution**

University of Melbourne

**Program(s)**

University of Melbourne

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Music

**UCEAP Course Number**

101

**UCEAP Course Suffix****UCEAP Official Title**

PEAK PERFORMANCE UNDER PRESSURE

**UCEAP Transcript Title**

PEAK PERFORMANCE

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## **Course Description**

This course focuses on the factors that facilitate optimal performance in music and the performing arts, sports, business, public speaking, teaching, and educational activities. Underpinned by theoretical frameworks, research findings, and real-world examples, this subject engages students in practical strategies commonly used to achieve optimal performance.

## **Language(s) of Instruction**

English

## **Host Institution Course Number**

MUSI20203

## **Host Institution Course Title**

PEAK PERFORMANCE UNDER PRESSURE

## **Host Institution Campus**

Melbourne

## **Host Institution Faculty**

## **Host Institution Degree**

## **Host Institution Department**

Music

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