

COURSE DETAIL

OPTIMIZING PERSONAL PERFORMANCE

Country

Australia

Host Institution

University of Melbourne

Program(s)

University of Melbourne

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

130

UCEAP Course Suffix**UCEAP Official Title**

OPTIMIZING PERSONAL PERFORMANCE

UCEAP Transcript Title

PERSONAL PERFORMNCE

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course examines how to optimize one's own personal performance. It critically examines psychological, sociological and scientific research related to expertise development and examines a range of embodied, and frequently tacit, everyday practices that enable progress in all aspects of human endeavor. By highlighting both similarities and differences between various performance domains it aims to capture, understand, inspire and disrupt ways of thinking about one's personal performance that cut across a wide array of domains, including the arts, business, medicine and science. Attention is given to the various sub-skills of performance, especially the conditions that enhance expectations for future performance, influence personal autonomy, and facilitate attention focusing within various contexts.

Language(s) of Instruction

English

Host Institution Course Number

MUSI20228

Host Institution Course Title

OPTIMISING PERSONAL PERFORMANCE

Host Institution Course Details

<https://handbook.unimelb.edu.au/2023/subjects/musi20228>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2022-2023

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