

# 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 PERFORMANCE

**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

OPTIMIZING PERSONAL PERFORMANCE

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

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