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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