

# COURSE DETAIL

## WELLBEING, MOTIVATION AND PERFORMANCE

**Country**

Australia

**Host Institution**

University of Melbourne

**Program(s)**

University of Melbourne

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Psychology Education

**UCEAP Course Number**

33

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

WELLBEING, MOTIVATION AND PERFORMANCE

**UCEAP Transcript Title**

WELLBEING/MOTIVATON

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course examines the science of what enables individuals to operate at the peak of their potential, including the conditions that are thought to give rise to optimal motivation, emotional agility, resilience, and other factors that support wellbeing and performance. It explores skills and pathways for cultivating wellbeing while giving consideration to relevant individual differences and cultural factors. The content draws on a variety of disciplines, including psychology, education, philosophy, sports science, and organizational science. It covers the historical and philosophical views of wellbeing, motivation, and performance; the paradigm shift from problem-focused to strengths-based approaches; and the evolution from individual- to system-level perspectives of what contributes to wellbeing.

### Language(s) of Instruction

English

### Host Institution Course Number

EDUC10057

### Host Institution Course Title

WELLBEING, MOTIVATION AND PERFORMANCE

### Host Institution Campus

Melbourne

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

Education

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