

MUSI20203 Peak Performance Under Pressure

Credit Points:	12.5
Level:	2 (Undergraduate)
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: Semester 1, Parkville - Taught on campus.
Time Commitment:	Contact Hours: 24 Total Time Commitment: 136
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	<p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p></p>
Coordinator:	Dr Margaret Osborne
Contact:	Margaret Osborne: mosborne@unimelb.edu.au (mailto:mosborne@unimelb.edu.au)
Subject Overview:	Peak Performance Under Pressure focuses on the factors that facilitate optimal performance of individuals and teams in music and the performing arts, sports, business, public speaking, teaching and educational activities. Underpinned by theoretical frameworks, research findings and using real-world examples, this subject will engage students in practical strategies commonly used to achieve optimal performance.
Learning Outcomes:	<p>Upon completion of this subject students should be able to:</p> <ul style="list-style-type: none"> # Identify, develop and execute the mental and emotional knowledge, skills and abilities required for achieving one's full potential in performance domains # Identify and prevent the cognitive, emotional, behavioural, and psychophysiological inhibitors of consistent, excellent performance # Understand how to develop consistent skill execution and positive performance experiences.
Assessment:	A written description (500 words) of student's performance challenges, incorporating individual results of a completed online Performance Skills Inventory. Due week 3 (15%) A written assignment (1,500 words) in which students reflect on their application of the peak performance strategies learnt towards their own personal performance challenge. Due week 11 (35%) 10 in class quizzes each with five multiple choice questions posed by the lecturer which explore the relationship of the set piece of literature and the lecture topic. Beginning week 2 (50%)
Prescribed Texts:	Reading material will be made available via the LMS.
Breadth Options:	<p>This subject potentially can be taken as a breadth subject component for the following courses:</p> <ul style="list-style-type: none"> # Bachelor of Arts (https://handbook.unimelb.edu.au/view/2016/B-ARTS) # Bachelor of Biomedicine (https://handbook.unimelb.edu.au/view/2016/B-BMED)

	<p># Bachelor of Environments (https://handbook.unimelb.edu.au/view/2016/B-ENVS)</p> <p># Bachelor of Science (https://handbook.unimelb.edu.au/view/2016/B-SCI)</p> <p>You should visit learn more about breadth subjects (http://breadth.unimelb.edu.au/breadth/info/index.html) and read the breadth requirements for your degree, and should discuss your choice with your student adviser, before deciding on your subjects.</p>
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>On completion of this subject students should have developed:</p> <ul style="list-style-type: none"> # Skills in accessing current research from international databases, web sites, journals and texts # The ability to analyse and critique literature and presentations # High level conceptual and applied skills
Related Majors/Minors/Specialisations:	Performance/ Composition/ Musicology/ Ethnomusicology Specialisation (B-MUS Version 5 only)