

PSY371e Performance Psychology

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

E-Learning: BLENDED - Learning is done MAINLY online using interactive study materials in Canvas. Students receive guidance and support from online instructors via discussion forums and emails. This is supplemented with SOME face-to-face sessions. If the course has an exam component, this will be administered on-campus.

Synopsis:

This course focuses on the psychological factors that influence high level performance across a variety of fields such as sports, the performing arts and business. Students will learn about the factors salient to performance of individuals and groups and strategies used to counter the common limitations of performance. This course requires students to apply the theoretical foundations from level 1 to level 3 psychology courses into real-world settings.

Topics:

- Human performance
- Cognition, perception and action
- Psychology and physiology of performance anxiety
- Flow
- Decision-making under pressure
- Emotion and performance
- Resilience
- Confidence
- Nutrition for performance
- Mind-body strategies
- Guidelines for stress management and well-being enhancement
- Practising for performance: Mental skills and strategies

Textbooks:

Markus Raab, Babett Lobinger, Sylvain Laborde: Performance Psychology Perception, Action, Cognition, and Emotion book 2016. Academic Press
ISBN-13: 9780128033777

Learning Outcome:

- Analyse the factors that contribute to performance anxiety and the theoretical models that explain performance anxiety
- Evaluate how decision-making is influenced under pressure
- Appraise the role of confidence and resilience in peak performance
- Apply understanding of peak performance across different fields in life
- Design strategies to manage stress and enhance well-being
- Develop mental skills for performance enhancement

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	PRE-CLASS QUIZ 2	5
	TUTOR-MARKED ASSIGNMENT 1	20
	GROUP BASED ASSIGNMENT 1	20
Overall Examinable Components	Written Exam	50
Total		100