

MUPG 300. MUSIC PERFORMANCE STRATEGIES.

Credits: 3

Offered by: Performance (Schulich School of Music)

Terms offered: Fall 2025

[View offerings for Fall 2025 in Visual Schedule Builder.](#)

Description

Exploration of topics and strategies to optimize practice and performance. Topics include: individual characteristics and habits in performance and practice, stress and anxiety models & theories, physiological response, coping strategies and skills (e.g., mental imagery, time management, goal setting, attention/concentration, relaxation and meditation).

- Restriction(s): Only open to B.Mus. students in U2 or above, or with permission from the instructor.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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