UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Elective - PERFORMANCE PSYCHOLOGY

Academic Year 2025/2026

1. Organic Unit

Faculty of Architecture and Arts

2. Course

JAZZ AND MODERN MUSIC

3. Cycle

1st

4. Course Unit

Elective - PERFORMANCE PSYCHOLOGY (C6243)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	

9. ECTS Credits

3,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TÚLIA RUTE MAIA CABRITA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

The Performance Psychology course aims to provide students with theoretical and practical knowledge about the psychological factors that influence musical performance. It will address issues related to techniques and skills that allow optimizing performance in the context of performance, recording and instrumental/vocal practice, with a focus on jazz and modern music.

15. Specific Objectives

Identify psychological factors that impact musical performance;
Apply emotional and mental self-regulation techniques to improve performance;
Recognize and manage performance anxiety;
Develop mental preparation and attentional focus strategies;
Reflect critically on the role of psychological state in musical practice and performance;
Promote balance between mental health and artistic activity.

16. Skills to be acquired

Cognitive: mastery of fundamental concepts of Performance Psychology.
Procedural: application of emotional management and mental rehearsal techniques.
Attitudinal: development of self-assessment and performative autonomy.

17. Teaching Methodology

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-1 Group work
-2 Interim mini-tests
Elements supporting continuous assessment:
-Small individual and group work carried out in class
-Observation of the following behavioral indicators:
a) Participation and adherence
b) Attendance and punctuality
c) Cooperation and interaction with colleagues and teacher
d) Initiative for research
e) Motivation for self-discovery

18. Course Unit Program

1 - Introduction to Performance Psychology
Basic concepts of music and performance psychology;
Differences between practice, rehearsal, and performance;
The role of the mind in musical performance.
2 - Psychological Factors in Performance
Motivation and persistence in musical study;
Self-efficacy, self-confidence, and self-image as a musician;
Emotions in performance: excitement vs. anxiety.
3 - Performance Anxiety
Understanding musical performance anxiety;
Cognitive, emotional, and physiological symptoms;
Anxiety management strategies: breathing, relaxation, mindfulness.
4 - Mental Preparation and Focus Management
Visualization and mental rehearsal techniques;
Managing attentional focus in different performance contexts (improvisation, concert, studio);

19. Assessment Methods

-1 Group work
-2 Interim mini-tests
Elements supporting continuous assessment:
-Small individual and group work carried out in class
-Observation of the following behavioral indicators:
a) Participation and adherence
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20. Didactic Resources

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- Computer with Microsoft Office software applications
- Multimedia projector; - Projection screen;
- Board;
- Chalk/or markers;
- Photocopies of scientific material for student analysis;
- Films
- Other materials deemed necessary for the effectiveness of the class dynamics.

21. Sustainability Objectives

Objetivos de Sustentabilidade (EN) (Máx. 500 Caracteres):
Objective 3: Health and Quality
Reduce premature mortality from non-communicable diseases by one-third through prevention and treatment, and promote mental health and well-being.
Objective 4: Quality Education
Ensure that all learners acquire the knowledge and skills necessary to promote sustainable development, including but not limited to through education for sustainable development and sustainable lifestyles, human rights, gender

22. Keywords

Performance
self-regulation
Music

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23. Main Bibliography

Author(s): Williamon, A.
Title: Musical Excellence.
Edition: Year: 2024
Local:
Publisher: Oxford University Press.
ISBN Code:

Author(s): Kenny, D. T.
Title: Psychology of Music Performance Anxiety.
Edition: Year: 2011
Local:
Publisher: The Oxford University Press.
ISBN Code:

Author(s): Lehmann, A. C., Sloboda, J. A., & Woody, R. H.
Title: Psychology for Musicians.
Edition: Year: 2007
Local:
Publisher: Oxford University Press.
ISBN Code:

24. Complementary Bibliography

Author(s): Papageorgi, I., & Welch, G.
Title: Advanced Musical Performance
Edition: Year: 2019
Local:
Publisher: Routledge.
ISBN Code:

Author(s): McPherson, G. E., & Williamon, A.
Title: The Science and Psychology of Music Performance.
Edition: Year: 2006
Local:
Publisher: Oxford University Press.
ISBN Code:

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Autor / Author	Prof. Doutora TÚLIA RUTE MAIA CABRITA
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