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# Learning Objectives

MedBridge

*Peak Performance and Psychology of Performance*

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## **Chapter 1: Peak Performance**

- Define peak performance
- Identify key components of sport
- Identify psychological characteristics of peak performance

## **Chapter 2: Performance Anxiety**

- Understand the causes of performance anxiety
- Explore the influence of anxiety on performance

## **Chapter 3: Dealing with Performance Anxiety**

- Identify skills to help enhance performance and reduce performance anxiety
- Know when to refer out for issues related to the mental side of performance