

Balanced Musician Reading Questions: Chapter Two, "Sport Psychology"

Name: _____

1. What are three similarities between athletes and musicians named in the book?

2. Can you think of any others not listed in the book?

3. Define the following:
 - a. Optimal performance

 - b. Maximal performance

4. Of the mental skills listed on p. 31, which do you want to develop the most in this course?

5. Why is imagery helpful for performers who want to develop control over their thoughts and emotions during performance?