

Statement of participation

Kostas Rammos

has completed the free course including any mandatory tests for:

Improving aerobic fitness

This 2-hour free course explored principles of aerobic exercise prescription in order to develop aerobic fitness.

Issue date: 1 April 2022



www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/health-sports-psychology/improving-aerobic-fitness/content-section-0>

COURSE CODE: **E112_2**

Improving aerobic fitness

<https://www.open.edu/openlearn/health-sports-psychology/improving-aerobic-fitness/content-section-0>

Course summary

Aerobic fitness is integral to successful sports performance and to maintaining good health. But what sort of exercise should you be doing to develop your aerobic fitness? This free course, Improving aerobic fitness, will help you to answer this question by introducing you to principles of aerobic exercise prescription.

Learning outcomes

By completing this course, the learner should be able to:

- apply the principles of training to aerobic fitness development
- consider the appropriate frequency, intensity, time/duration and type of exercise to develop aerobic fitness.

Completed study

The learner has completed the following:

Section 1

Exercise prescription fundamentals

Section 2

Principles of training

Section 3

Frequency, intensity, time and type (FITT)

Section 4

Aerobic fitness training methods

Section 5

Conclusion