

## Statement of participation

# Kostas Rammos

has completed the free course including any mandatory tests for:

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### Developing resilience in sport

This free 10-hour course explored how the concept of resilience can support athletes on their development journey.

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**Issue date:** 1 April 2022

**[www.open.edu/openlearn](https://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/developing-resilience-sport/content-section-overview>**

**COURSE CODE: E312\_1**

## Developing resilience in sport

<https://www.open.edu/openlearn/health-sports-psychology/developing-resilience-sport/content-section-overview>

### Course summary

In this free course, Developing Resilience in Sport, you will explore how the concept of resilience can support athletes on their athletic development journey. You will examine how resilience can act as a buffer to protect against the challenges that might be faced by athletes and coaches. The protective qualities of resilience make it an important consideration for wellbeing and performance in sport, with strong links to the topic of mental health. In the course, you will learn about the concept of resilience and understand how resilience can be developed in athletes and coaches.

### Learning outcomes

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

- describe the features of resilience in both individual and team contexts and understand why it is important for athletic development
- critically discuss the role of the environment in the development of resilience
- examine how to build resilience in a range of sport settings and apply this knowledge to real world scenarios.

### Completed study

The learner has completed the following:

#### Session 1

Session 1: Understanding resilience

#### Session 2

Session 2: Developing resilience