

## Statement of participation

# Kostas Rammos

has passed the free course including all mandatory tests for:

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### Learning from sport burnout and overtraining

This free 24-hour course examined burnout in sport from various perspectives including both the coach's and athlete's perspective.

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**Issue date:** 5 October 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/learning-sport-burnout-and-overtraining/content-section-overview>

COURSE CODE: E235\_1



## Learning from sport burnout and overtraining

<https://www.open.edu/openlearn/health-sports-psychology/learning-sport-burnout-and-overtraining/content-section-overview>

### Course summary

Sport can place high levels of stress on athletes, coaches and others involved. If unable to cope with these stresses they may be vulnerable to developing burnout. This free course, Learning from sport burnout and overtraining, examines burnout in sport from various perspectives including both the coach's and athlete's perspective. Drawing on real life case studies it explores how coaches can recognise and prevent burnout in athletes, and investigates the prevention and treatment of burnout in coaches. This course is for you if you are interested in developing an holistic understanding of burnout in sport.

### Learning outcomes

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

- understand what burnout and overtraining are, the relationship between them and how they can affect athletes and coaches differently
- describe the main factors influencing burnout and some of the key theories and models used to explain it in sport psychology
- evaluate coach and parent contribution to the motivational climate in sport and how they can help prevent burnout and overtraining
- identify strategies to help prevent and manage sport burnout and overtraining.

### Completed study

The learner has completed the following:

#### Session 1

Session 1: What is burnout?

#### Session 2

Session 2: Perspectives of burnout

#### Session 3

Session 3: Exploring identity and overtraining

#### Session 4

Session 4: Insights into overtraining

Session 4 compulsory badge quiz (score 70%)

#### Session 5

Session 5: What role does motivation and perfectionism play?

#### Session 6

Session 6: Coaches and burnout

#### Session 7

Session 7: Managing those on a burnout path

#### Session 8

Session 8: Reducing burnout using psychological strategies

Session 8 compulsory badge quiz (score 82%)