

Statement of participation

Kostas Rammos

has passed the free course including all mandatory tests for:

The athlete's journey: transitions through sport

This free 24-hour course explored the different transitions an athlete has during their career.

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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/the-athletes-journey-transitions-through-sport/content-section-overview>

COURSE CODE: **TTS_1**



The athlete's journey: transitions through sport

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Course summary

The athlete's journey through sport can be characterised by several transitions and periods of change. This course is designed to help you understand that journey, whether in reference to a professional or recreational athlete, and the nature of support they may need at different times. The course also provides practical guidance, whether you support athletes as a coach or parent or whether you are an athlete yourself, and draws on a wealth of case study and audio-visual material to bring the athlete's journey to life.

Learning outcomes

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

- understand what career transitions in sport are
- identify the main challenges associated with career transitions in sport
- recognise how best to prepare athletes for career transitions
- identify the impact of different transitional episodes on athletes.

Completed study

The learner has completed the following:

Session 1

Introduction and guidance

Session 1: The athlete's journey – what are career transitions in sport?

Session 2

Session 2: Influencing factors – key themes in the athlete's journey

Session 3

Session 3: Out of the blocks – preparing athletes for career transitions

Session 4

Session 4: Keeping going – expected transitions in sport

Session 4 compulsory badge quiz (score 88%)

Session 5

Session 5: Stopped in your tracks – unexpected transitions in sport

Session 6

Session 6: Spotlight – parenthood and sport

Session 7

Session 7: The final athletic chapter – retirement from sport

Session 8

Session 8: Moving on – life after sport

Session 8 compulsory badge quiz (score 93%)