

## Statement of participation

# Kostas Rammos

has passed the free course including all mandatory tests for:

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### Exploring sport coaching and psychology

This free 24-hour course investigated how scientific and management ideas contribute to success.

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**Issue date:** 29 December 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/exploring-sport-coaching-and-psychology/content-section-overview>

COURSE CODE: **ESS\_1**



## Exploring sport coaching and psychology

<https://www.open.edu/openlearn/health-sports-psychology/exploring-sport-coaching-and-psychology/content-section-overview>

### Course summary

This free course, Exploring sport coaching and psychology, investigates how scientific and management ideas contribute to success while also taking you on a journey through unique sporting case studies and insights that will change how you view and study sport. You will consider how the mind, the body, the environment and training techniques all contribute to optimum fitness.

### Learning outcomes

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

- outline the influences of, and links between, sport coaching and psychology for those developing their abilities in sport
- describe different aspects of effective coaching and the way in which a coach may influence young people and adults
- compare the psychological characteristics used in sporting careers to those needed to shape a personal future
- reflect on sport or fitness behaviours, beliefs and practices and identify useful next steps for further development
- understand and be confident in an ability to study online.

### Completed study

The learner has completed the following:

#### Session 1

Introduction and guidance

Session 1: Exploring sporting success

#### Session 2

Session 2: Coaching children: enhancing fun and friendships

#### Session 3

Session 3: Guiding teenagers towards success and life

#### Session 4

Session 4: Comparing international level coaches

Session 4 compulsory badge quiz (score 73%)

#### Session 5

Session 5: Mindset and attitudes towards sport and learning

#### Session 6

Session 6: Psychological skills for life and sport

#### Session 7

Session 7: A fresh look at coaching

#### Session 8

Session 8: The future of coaching: technological influences

Session 8 compulsory quiz (score 83%)