

Statement of participation

Kostas Rammos

has completed the free course including any mandatory tests for:

Eating to win: activity, diet and weight control

This 6-hour free course examined the importance of nutrition in physical activity, sport and weight management.

Issue date: 23 March 2023



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/sport-fitness/eating-win-activity-diet-and-weight-control/content-section-0>

COURSE CODE: **E112_3**

Eating to win: activity, diet and weight control

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Course summary

What should we eat before and after exercise? This free course, Eating to win: activity, diet and weight control, examines the importance of nutrition in physical activity, sport and weight management. The role that physical activity has alongside nutrition in controlling body weight will be discussed, as will considerations for pre-exercise and post-exercise nutrition and hydration.

Learning outcomes

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

- recognise the importance of physical activity in weight management
- compare physical activity and dieting as weight control methods
- understand the importance of pre, during and post-exercise nutrition and hydration.

Completed study

The learner has completed the following:

Section 1

Physical activity and dieting

Section 2

Physical activity and appetite

Section 3

Fitness and fat metabolism

Section 4

Diet, exercise and cholesterol

Section 5

Eating for performance; before, during and after exercise

Section 6

Hydration: water and sports drinks

Section 7

Conclusion