

## Statement of participation

# Kostas Rammos

has completed the free course including any mandatory tests for:

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### Exercise and mental health

This 2-hour free course explored the links between exercise and improved mental health and psychological well-being.

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**Issue date:** 22 March 2023



[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/sport-fitness/exercise-and-mental-health/content-section-0>

COURSE CODE: **E233\_2**

## Exercise and mental health

<https://www.open.edu/openlearn/health-sports-psychology/sport-fitness/exercise-and-mental-health/content-section-0>

### Course summary

Each year thousands of pounds are spent on medications to treat conditions such as anxiety and depression. These medications often have negative side effects. Exercise is an alternative treatment that is low cost and has few side effects. In this free course, Exercise and mental health, we will look at the links between exercise and improved mental health and psychological well-being. This will include consideration of the role of exercise in combating stress, anxiety and depression, and in enhancing mood.

### Learning outcomes

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

- demonstrate an awareness of the links between physical activity and mental health
- understand some of the proposed theories of why exercise benefits mental health.

### Completed study

The learner has completed the following:

#### Section 1

Exercise and mental health

#### Section 2

The role of exercise in reducing anxiety and depression

#### Section 3

Why does exercise improve mental health?

#### Section 4

Conclusion