

Statement of participation

Kostas Rammos

has passed the free course including all mandatory tests for:

Exploring the psychological aspects of sport injury

This free 24-hour course focused on psychological factors surrounding sport injury and exercise.

Issue date: 23 August 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/exploring-the-psychological-aspects-sport-injury/content-section-overview>

COURSE CODE: E235_2



Exploring the psychological aspects of sport injury

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Course summary

Have you ever experienced a sport injury? Have you ever thought there could be a psychological dimension to sport injuries, as well as a physical one? Sport injury is relatively common among sport and exercise participants, and while the physical impact of injury is often easy to recognise, the psychological impact is less obvious. This statement serves as proof of the successful completion of a course accredited by the CPD Standards Office. You have earned 24 CPD points through your participation in this course.

Learning outcomes

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

- identify the psychological factors that may lead to a sport injury
- recognise the role sport and exercise psychology intervention can play in the prevention of injury
- evaluate psychological responses to sport injury
- identify psychological interventions that can aid rehabilitation from injury.

Completed study

The learner has completed the following:

Session 1

Introduction and guidance

Session 1: Sport injury and psychology – what's the link?

Session 2

Session 2: A holistic approach to sport injury

Session 3

Session 3: Can psychological factors increase the risk of injury?

Session 4

Session 4: Psychological interventions to prevent sport injury

Session 4 compulsory badge quiz (score 98%)

Session 5

Session 5: Psychological responses to sport injury

Session 6

Session 6: What impact does psychology have on recovery?

Session 7

Session 7: How can imagery, self-talk and relaxation help injury rehabilitation?

Session 8

Session 8: How can goal setting and social support help injury rehabilitation?

Session 8 compulsory badge quiz (score 93%)