



## Statement of participation

# Michael Frank

has completed the free course including any mandatory tests for:

---

### **The psychological aspects of sports injury**

This 3-hour free course explored the role of psychological factors in sports injury, including factors leading to and reactions to injury.

---

**Issue date:** 20 August 2018

[www.open.edu/openlearn](http://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:  
<http://www.open.edu/openlearn/health-sports-psychology/sport-fitness/the-psychological-aspects-sports-injury/content-section-0>

COURSE CODE: E233\_1

---

## The psychological aspects of sports injury

---

<http://www.open.edu/openlearn/health-sports-psychology/sport-fitness/the-psychological-aspects-sports-injury/content-section-0>

---

### Course summary

For many people sport is a way of life, so imagine the emotional distress that a sports injury can bring when it restricts someone's participation in sport. This free course, The psychological aspects of sports injury, examines the role of psychological factors in sports injury. You will look at both the psychological factors that can lead to a sports injury and the psychological reactions that a sports person can experience when injured. This course is for you if you have ever experienced a sports injury, if you work with injured athletes or if you have a general interest in the area.

### Learning outcomes

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

- recognise the psychological factors that may potentially lead to a sports injury
- understand psychological responses to sports injury
- appreciate the role the sport psychology intervention can play in rehabilitation from injury.

### Completed study

The learner has completed the following:

#### Section 1

Psychological factors and the risk of sports injury

#### Section 2

Psychological reactions to sports injury

#### Section 4

Conclusion

#### Section 5

Keep on learning