



## Statement of participation

# Michael Frank

has completed the free course including any mandatory tests for:

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### Exploring sport online: Athletes and efficient hearts

This 5-hour free course explained the importance of the heart in building athletic performance, as well as the role of the blood supply and the lungs.

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**Issue date:** 9 November 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:

<https://www.open.edu/openlearn/health-sports-psychology/health/sport-and-fitness/exploring-sport-online-athletes-and-efficient-hearts/content-section-0>

COURSE CODE: Y164\_1

## Exploring sport online: Athletes and efficient hearts

<https://www.open.edu/openlearn/health-sports-psychology/health/sport-and-fitness/exploring-sport-online-athletes-and-efficient-hearts/content-section-0>

### Course summary

We all know that the heart is very important but what exactly does the heart do? Why is the blood so important? What functions do the lungs perform? In this free course, Exploring sport online: Athletes and efficient hearts, we will try to provide at least a basic understanding so we can answer these questions and begin to understand why knowing about the heart is important for all sports people. Before that we will take a look at the human body.

### Learning outcomes

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

- understand how the body works in a scientific sense, and that a scientific view is necessary for us to study how performance in sport is linked to performance of the body
- explain the function of the heart briefly and looks at the importance of healthy hearts in sport, by looking at athletes and efficient hearts
- understand the topics of blood and blood flow
- understand the role of oxygen and the lungs and how they affect the sporting performance of an athlete, by looking at athletes, oxygen and the lung.

### Completed study

The learner has completed the following:

#### Section 1

What to expect

#### Section 2

A first look at the human body

#### Section 3

The heart, blood and the lungs

#### Section 4

Athletes and efficient hearts

#### Section 5

The heart and blood

#### Section 6

Athletes, oxygen and the lungs