



Statement of participation

Michael Frank

has completed the free course including any mandatory tests for:

Recovery strategies in sport and exercise

This 8-hour course investigated the science behind recovery after sport and the potential role of recovery strategies.

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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/recovery-strategies-sport-and-exercise/content-section-0>

COURSE CODE: **E314_1**

Recovery strategies in sport and exercise

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

Course summary

The ability to recover quickly from an intensive training session or match can be extremely advantageous to sports performers. Sport and fitness participants are increasingly using strategies such as ice baths and compression clothing to enhance their recovery from intensive exercise, but how effective are these strategies? Do they really speed up the recovery process? To answer questions such as these this free course 'Recovery strategies in sport and exercise' investigates the science behind recovery exploring the physiological processes involved in training and recovery and the potential role of recovery strategies.

Learning outcomes

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

- recognise the importance of recovery in an exercise programme
- evaluate the role of recovery strategies in sport and exercise
- identify the challenges of investigating recovery strategies.

Completed study

The learner has completed the following:

Section 1

Why is recovery important?

Section 2

Recovery strategies: what is the best way to recover?

Section 3

The role of recovery strategies

Section 4

Recovery strategies: what's the evidence?

Section 5

Investigating recovery

Section 6

Conclusion