

Statement of participation

Michael Frank

has completed the free course including any mandatory tests for:

Working with young people in sport and exercise

This 6-hour free course explored the special considerations of coaching or instructing young people in sport and exercise.

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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/health/sport-and-fitness/working-young-people-sport-and-exercise/content-section-0>

COURSE CODE: **E217_1**

Working with young people in sport and exercise

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Course summary

This free course, Working with young people in sport and exercise, examines the special considerations of coaching or instructing young people in sport and exercise. The physiological differences between children and adults will be considered along with the practical implications of coaching young people.

Learning outcomes

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

- understand some of the physiological changes that occur as young people grow and mature
- recognise the impact that the physiology of young people has on their sport and exercise participation
- evaluate models of young participants' development and progression in sport and exercise.

Completed study

The learner has completed the following:

Section 1

Case studies

Section 2

Stages of maturation

Section 3

Investigating height and weight changes

Section 4

From theory into practice

Section 5

Growth and injuries

Section 6

Changes in strength

Section 7

Aerobic function

Section 8

Perception of exertion

Section 9

Thermoregulation

Section 10

Participant development models

Section 11

Conclusion