

Statement of participation

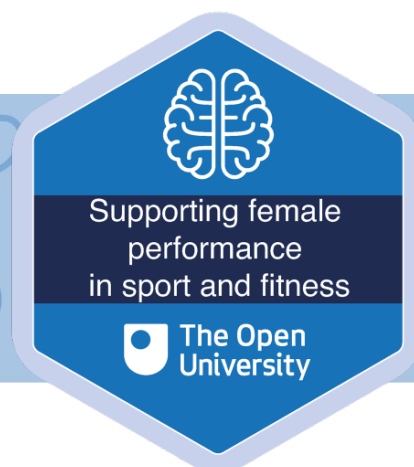
Rachel Pilling

has passed the free course including all mandatory tests for:

Supporting female performance in sport and fitness

This free 24-hour course explored themes relating to female participation in sport and fitness.

Issue date: 2 January 2024



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/supporting-female-performance-sport-and-fitness/content-section-overview>

COURSE CODE: **SFPS_1**



Supporting female performance in sport and fitness

<https://www.open.edu/openlearn/health-sports-psychology/supporting-female-performance-sport-and-fitness/content-section-overview>

Course summary

Do you support women's performance in sport or fitness as a coach or parent? Are you a female athlete who wants to optimise your performance using recent research insights? Then this free course is for you. It addresses the problem of sports science research traditionally being male-dominated and the assumption that if it works for men then it must work for women. It allows you to explore specific female physiological and psychological topics such as relationships between the menstrual cycle, breast support, pelvic floor health and physical performance. You will also find out more about how to effectively communicate with female athletes. 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:

- understand the physiological and psychological differences between men and women and between individual women
- identify female-specific issues that need to be considered to promote health, fitness and wellbeing of female athletes
- recognise the gender gap in research between males and females and its impact on female health and performance.

Completed study

The learner has completed the following:

Session 1

Session 1: Mind the gap: gender differences in sport science research and its impact on female athletes

Session 2

Session 2: Demystifying the menstrual cycle

Session 3

Session 3: Hormonal contraception: a solution or more challenges?

Session 4

Session 4: Pelvic floor muscles: out of sight and often overlooked

Session 4 compulsory badge quiz (score 96%)

Session 5

Session 5: Breast health and choosing the correct breast support

Session 6

Session 6: Injuries and the female athlete

Session 7

Session 7: Low energy intake and missed periods: the risks

Session 8

Session 8: Effective support of female athletes

Session 8 compulsory badge quiz (score 93%)