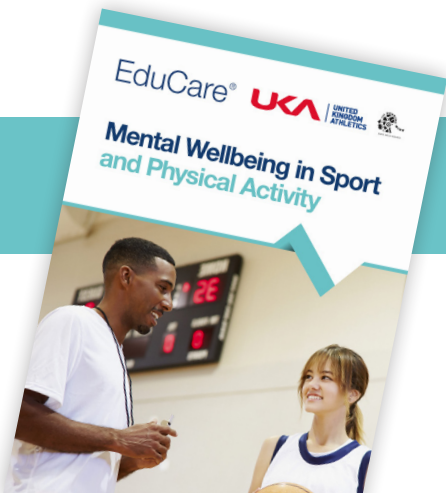


## Mental Wellbeing in Sport and Physical Activity

This course was written in partnership with Jane Fylan, UK Athletics Duty of Care Lead and is endorsed by Double Olympic Gold Medallist, Dame Kelly Holmes DBE initiative — The Running Mind. It is aimed at those who participate in sport and their support networks such as coaches, family and medical support staff.



### Key features

- **Level 2 course (as graded against the nationally accepted levels, equivalent to GCSE grades A\*-C).**
- **A fully interactive course, including optional narration for accessibility, comprising one module and one questionnaire.**
- **One CPD credit\*.**
- **Personalised downloadable certificate.**
- **70% pass mark.**
- **Written in partnership with experts at UK Athletics.**
- **Additional resources include printable handouts and downloadable modules for future reference.**

\*1 CPD credit equals up to 1 hour of learning

### Course objectives

By the end of this course you will:

1. have a greater awareness of common mental health disorders and their prevalence amongst sports people
2. recognise some of the warning signs of common mental health disorders
3. have an increased understanding of how the pressures of sport can impact on mental health
4. understand the health benefits of participating in sport and physical activity
5. know what to do if you are concerned about someone
6. know how to promote mental wellbeing in sport.



### Why choose us?

“ EduCare’s online resources have been central to UK Athletic’s Licensed Coaches & Officials continued professional training. They enable our governing body to ensure athletics stays safe, and supports our commitment to safeguarding from grass roots to the elite. ”

UK Athletics

