

Statement of participation

S Muhammad Suleman Arshad

has completed the free course including any mandatory tests for:

Training for endurance in sport and fitness

This free 5-hour course explored endurance in relation to sport and fitness.

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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/training-endurance-sport-and-fitness/content-section-0>

COURSE CODE: E236_1

Training for endurance in sport and fitness

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Course summary

In this course you will explore an important aspect of strength and conditioning which refers to the physical preparation of athletes: endurance. You will look at the physiological factors that underpin endurance and assess how endurance can be developed relative to performance in a range of sports.

Learning outcomes

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

- explain what is meant by the concept of endurance
- understand the physiological principles that underpin endurance
- apply a range of training techniques for endurance in practice
- assess which training methods are most suitable for performances in different sports.

Completed study

The learner has completed the following:

Section 1

What is endurance?

Section 2

Who needs endurance?

Section 3

Endurance exercise: physiological determinants

Section 4

Training endurance

Section 5

Resistance training for endurance

Section 6

Programming endurance training

Section 7

End-of-course quiz