

ALEX DANSON: Winning this Olympic gold medal with my teammates was one of the most special experiences of my life, one that took a huge amount of hard work and a lot of dedication from a large group of amazing women. But most importantly, it started with my passion for sport.

[MUSIC PLAYING]

If you want to learn more about performance in sport, then take a look behind the scenes with me, Michael Johnson, and others in this unique free course. Not only will you discover new things, but you'll gain confidence in your ability to interpret sporting stories and examples, and you'll get some insights as to how coaching and psychology have a huge impact in both grassroots, elite sport, and life in general.

I've learned through my own study with The Open University that online, flexible learning can be really, really good fun. Reading articles and watching video and chatting with other students online-- and the best thing about it is it's all at your own pace. Ultimately, like my journey, it can open up a whole range of new opportunities and open up a whole world of learning.

So whether you're interested in coaching and intrigued by elite athlete performance or just love your own sport and really want to improve, then this course really is for you.