

Exploring the psychological aspects of sport injury trailer transcript



Helen Richardson-Walsh: On my journey to becoming Olympic champion, I faced many setbacks and challenges, including sports injury. Injuries don't just have a physical impact on you. They also have a psychological impact. And as an athlete and an Open University student, I know only too well the effect that that has on your mindset, and the importance of addressing those psychological factors within your recovery. Without incorporating sport psychology strategies into my recovery from my injuries, I would have found it so much harder to have recovered physically, but also to return back mentally stronger.

So if you want to find out about the psychological aspects of sports injury, then this free course is for you. It will explore three important areas: the psychological factors that can potentially lead to sports injury, the psychological responses to sports injury, and the psychological strategies that can potentially help recovery from sports injury.

Unfortunately, injury is a part of sport. But having an understanding of the challenges can make that experience a lot less traumatic. And this course can show you how.