



Exploring Sports

How do sports competitors maintain and improve their performance? An amateur footballer, Olympic cyclist, fencer, judo athlete, paraglider and a marathon runner discuss three themes: motivation, coaching, performance and nutrition. The six audio tracks discuss the body as an engine, its fuel requirements and mechanics as well as the wider issues of improving sports performance through coaching and the place of sport in society, including what motivates competitors and spectators.

This material forms part of The Open University course: Y164 Exploring sports online.