

# PE

## Suggested MOOCs:

### The Science of Endurance Training and Performance – University of Kent

Endurance sports such as cycling, marathons and triathlons are increasingly popular. Events attract everyone from elite athletes striving for performance improvements, to sedentary individuals looking to improve their health and well-being.

Wherever you sit on this spectrum, this course will help you train for and improve your performance in endurance sports.

You will learn with sports scientists from the Endurance Research Group (ERG) at Kent's School of Sport and Exercise Sciences – a world leader in endurance performance research and teaching.

Topics covered:

- Training
- Nutrition
- Psychology
- Fatigue and pain
- Respiratory health
- Endurance injuries and rehabilitation

### Major Sports Events: Winning through Diversity and Inclusion

– Griffiths University (Queensland, Australia)

Discover what it takes to compete at an international sports event

In this course you'll:

Learn how athletes and para athletes prepare for a major sporting event.

Learn how sports science, medicine and technology helps athletes prepare for competition.

Explore the importance of sponsorship for athletes and how sport event partners help build legacies.

Discover the motivations and preparation for a major sporting event of athletes and para athletes from developing countries.

Learn how we can begin to level the playing field for athletes and para athletes from developing countries to promote diversity and inclusion.

Topics covered:

- The role of major events in contributing to diversity and social inclusion.
- The motivations, goals and rewards that drive athletes and para athletes to prepare for major international sport events.
- How sports science, medicine and technology as well as sport management are used to prepare athletes and para athletes for major events.
- How a structured programme can help athletes and para athletes from developing countries perform at their best.
- How sport event partners plan for and resource initiatives to secure legacies from international sport events.