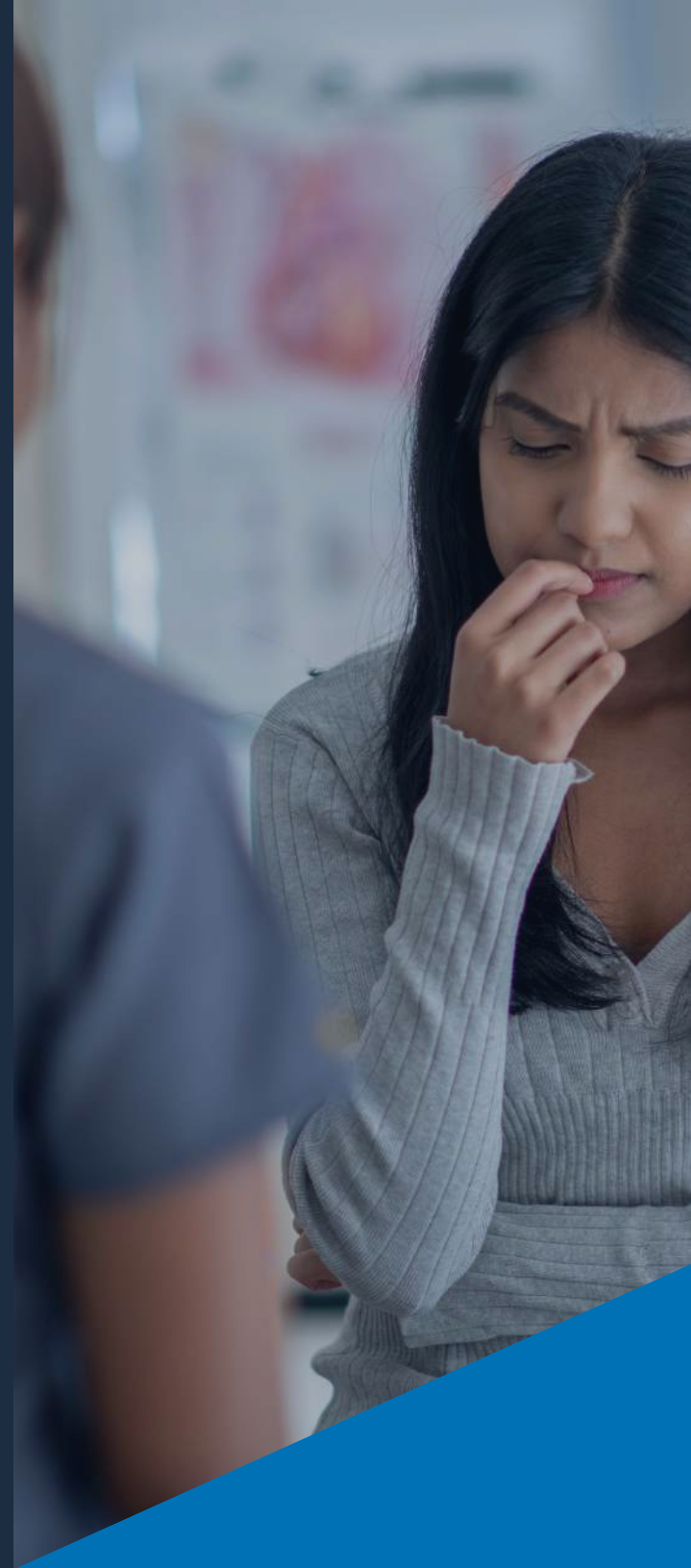


MENTAL WELLBEING IN SPORT & PHYSICAL ACTIVITY (EDUCARE) LEVEL 1



COURSE OVERVIEW

Developed and fully endorsed by experts at UK Athletics along with Dame Kelly Holmes. This course has been designed to provide learners with knowledge and understanding of mental health, providing you with the practical skills to support those in a sporting environment. The course is aimed at those who participate in sport and their support networks such as coaches, family, and medical support staff.





WHO IS THE COURSE FOR?

- Volunteers working in sports clubs
- Teachers
- Other staff working with children and young people in sport

DURATION & COST

The course is self paced and lasts approximately 1 hour. Learners can stop and leave at their own convenience.

Fees start from **£10.50** (excl VAT) per person. Learners have access to the course for 30 days from purchase.

