

1. Sports Medicine - Understanding Sports Injuries

Previous injury, fatigue or poor movement skills are just some of the factors that can contribute to an injury. Understanding how to manage these and how best to prepare your body for your sport will be key if you want to perform at your best in training and in competition. Upon completion of this course, you will have learned preparation and load management and why general wellbeing is the key preventative element. Experts: Dr Jill Cook, Dr Ebonie Rio, Dr Sean Docking and Dr Michael Girdwood -- <https://www.olympic.org/athlete365/courses/sports-medicine-understanding-sports-injuries/>

2. Recover Quicker, Perform Better

What are you doing today to ensure you are ready to compete tomorrow? Join Dr Aaron Coutts as he shows you how to design your own recovery program. - <https://www.olympic.org/athlete365/courses/recover-quicker-perform-better/>

3. Sports Psychology - Getting in the Zone

By Dr Amira Najah: Learn the fundamentals of focusing your energy, how to embrace and manage your emotions as well as approaching setbacks in a positive way. - <https://www.olympic.org/athlete365/courses/sports-psychology-getting-in-the-zone/>

During the ACP Athlete Outreach Workshop held in New Delhi last year, we had briefed on exploring the information available on Athlete365. We request you to please share this information with athletes who represent India in international competitions or former national athletes who are with the Coaching/ Training Entourage. The registration of Athlete365 is simple and our website also has a direct link to it.

For any specific medical queries in this regard, you could always reach out to our Medical Commission.