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- i) Iron deficiency occurs within the blood and is more common in female athletes. It can occur from not having a high enough amount of iron in the diet. It can affect females due to menstruation cycles which occur regularly and create rapid amounts of blood loss. It can affect sport participation as the body is too weak and doesn't have enough iron for muscle development, therefore muscles work insufficiently and make exercising a hindrance. Bone density is also lower in females. This affects participation in sport as muscles are weaker and cannot support the body while it moves therefore activity becomes strained for the body and cannot be completed.
- ii) Sports medicine addresses medical conditions of children and young athletes by giving training sessions time limits. In high temperatures allowing more time outs and drink break stops to keep them well hydration and allow constant thermoregulation.