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i) Bone density is an important factor when participating in sport, particularly females.

If the bone density isn't good then the bone is weak. It can't handle the force & impact that a bone with good density could.

The athlete is more prone to fractures or shin splints if over used.

An iron deficiency affects the performance as it can affect the menstrual cycle.

If a woman over works the body it can affect her period, but if she has an iron deficiency it affects it too, & quicker.

ii) Children & young athletes ~~need~~ with medical conditions such as asthma, diabetes & epilepsy have guidelines of what they should eat, drink & even some of the surrounding environment.

The athletes ~~should~~ are required to bring all possible required medications just in case, but the sporting club should also work around it at games & training.

An athlete with asthma would be required to bring their puffer to games, & must know what triggers the asthma, as well as the coach. The coach need to know the triggers in case they notice it, but the athlete doesn't quick enough. The coach also must know how to treat an asthma attack.

If the athlete has diabetes they would need to eat during half time. The coach or club could provide fruit & drinks during half time, as well as knowing how to handle the situation if they get too low.

Additional writing space on back page.