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a) i) Iron deficiency in female athletes is a problem due to menstruation. Females lose blood and therefore iron at larger quantities than men and on a regular basis. This can lead to anaemia and affect a female athlete's ability to participate in sport due to fatigue, weakness and occasionally lethargy.

Bone density in female athletes is a problem due to lower calcium levels. This can result in hard tissue injuries such as fractures being more common in females and can affect their participation in contact or high intensity sports.

ii) Children and young adults have specific medical conditions some experience when participating in sport.

Asthma is a condition that causes the airway to restrict and breathing becomes difficult, or in extreme or untreated cases, impossible. Sports medicine addresses this with guidelines ensuring environmental conditions are appropriate (not <sup>such as</sup> too cold, no pollen), the child takes <sup>their</sup> puffer before commencing an exercise and has it readily available at all times, has a specific warm up and cool down, along with controlled breathing exercises, ~~and~~ has adequate ~~and~~ frequent water breaks and doesn't participate in extremely high intensity exercise. Despite these guidelines <sup>children & young adults are</sup> ~~it is~~ encouraged to maintain regular physical activity if they suffer from asthma.

Another medical condition is epilepsy which produces seizures. Ensure the child has taken <sup>their</sup> medication as prescribed by the doctor and do not allow them to participate in any contact sports. Ensure the coach knows appropriate procedures if the child has a seizure such as removing dangerous objects and supporting the head.

Another medical condition is diabetes. This is when insulin is needed to maintain healthy blood pressure. Ensure the child has eaten before physical activity and has their insulin injection readily available,

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also allow adequate water breaks and monitor the child.

You may ask for an extra Writing Booklet if you need more space.