

Start here.

Q291

a) if iron deficiency: causes problems to arise in female athletes as it causes a decrease in immunity (per risk of infection), and quicker fatigue rates.

Iron is needed to maintain regular working functions of body, and anaemia ~~can be~~ ^{can be} caused by lack of dietary iron (eg. through red meat) ~~and~~ through menstrual cycles, and in endurance runners (due to impact of hard surface). Therefore females need to maintain iron levels to ensure that immunity is high, and fatigue and muscle injury doesn't occur.

bone density: female athletes lack bone density due to diets \rightarrow lack of calcium intake is most significant factor, (hereditary also causes it). Lack of bone density can cause problems to females as it can decrease ~~more~~ bone strength, therefore \rightarrow risk of injury. For example a soccer player ~~may~~ ~~at~~ with low bone density may obtain more stress fractures which have potential to increase into more problematic injuries. Therefore females need to ensure that bone density is maintained through good nutrition and also structure of ^{exercise}.

117 Sports medicine addresses medical issues of diabetes, epilepsy and asthma in children and young athletes. Asthma is a prominent illness in children, and exercise can ~~sometimes~~ cause asthma symptoms to ↑, which can be problematic for the athlete.

~~Asthma~~ Exercise-induced asthma causes the ~~athlete~~ child to have difficulty in breathing and other symptoms include wheezing and inability to continue in physical activity. Sports medicine addresses this through informing coaches and athletes on what to do to manage. If the coach should take the child off, sit in an upright position, and provide them with 3-4 puffs of an inhaler to allow airways to be re-opened. Preventative measures include taking asthma inhaler medicine prior to exercise, and ensuring a sufficient warm-up is undergone to get body used to game.

Diabetes is a serious issue that can be caused by too higher levels of glucose (hyperglycaemia) or too lower levels of ~~the~~ blood sugar or glucose (hypoglycaemia). # Symptoms in children of hyperglycaemia include ~~de~~ dehydration, ~~const~~ consistent urinating and ~~the~~ a breath that smells like acetone. In order for body to function effectively, it needs to be

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provided with energy from ~~glucose~~ insulin which is produced from glucose. However a high level of glucose is bad as it is not used to form the insulin and instead is excreted via urine. This therefore creates these symptoms. Hypoglycaemia means that not enough insulin is able to be produced ~~to~~ due to low glucose levels. Symptoms include: dizziness, ↑ heart rate, and fainting. Managing this involves taking pre-caution. For example administering insulin to hypoglycaemic children ~~is~~ through medicine, and ensuring that they are kept in the shade to prevent ↑ in heat and excessive heart rate.

Epilepsy occurs when electro-chemicals that are sent to the brain, are experienced on ~~a~~ high levels by the child. This causes muscle spasms to occur and the child can even lose consciousness and start convulsing. If epileptic fit occurs, coach or person around should remove objects that could harm athlete (eg table) so they do not damage themselves whilst it is a serious condition, exercise shouldn't be avoided, ~~it~~ however need to monitor types of activity child does. Also make sure to take anti-epileptic medicine prior to physical ^{activity}.

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