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Question a, i)

There are ~~re~~ always problems associated when various groups of people participate in sport. Women in particular can experience problems such as iron deficiency and inadequate bone density.

~~then~~ An iron deficiency is when there is not enough iron in the blood, this in turn decreases the amount of oxygen that can be dispersed throughout the body. This affects a woman by ~~the~~ negatively impacting on their performances by being unable to deliver adequate amounts of oxygen to organs, and muscles, and may take longer to excrete waste such as  $CO_2$ .

In addition bone density can impact detrimentally upon a female's sports performance by making them more prone to fractures when undertaking sport. This in turn can lead to long periods of rest which can reverse her ~~athletic~~ level of fitness.

question a, ii)

By understanding sports medicine we are able to address concerns for certain age groups such as children and in addition deal with these problems in the most correct manner.

There are several concerns when dealing with childrens medical conditions which include thermoregulation, <sup>and</sup> asthma.

Sports medicine addresses the medical condition of asthma by having in place a few guidelines to prevent an attack.

This may include bringing a puffer to the sporting ground and have it on hand if an attack occurs.

Children are unable to excrete sweat as easily as adults therefore they are unable to evaporate that heat as quickly as adults. In this case the parents should determine if the whether is too humid to play in.

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