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(i) Iron deficiency is when the iron levels in your blood ~~is~~ <sup>have</sup> depleted; this can make a/the female athlete weak/low in energy and as a result, can deplete the athlete's performance.

Bone density is commonly known in female athlete, specifically during dieting.

If a female athlete suffers from ~~the~~ iron deficiency and/or bone density, this can impact on their present and even future state of health. Iron deficiency and bone density can have a negative and detrimental affect on a female's participation in sport.

(ii)

Young athletes are commonly known to suffer from following two medical conditions; asthma and diabetes.

Sports medicine addresses these health conditions ~~to~~ by enforcing that a first aid kit and officer is at trainings and events, the young athlete(s) inform their coach and or assistant coach of their medical condition and provide them with equipment required for the condition, eg. Puffer for asthma or high sugar supplements for a Type 1 diabetic.

The coach is also required to research the condition and learn how to handle a situation if it was to occur.

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