

Start here.

a) i) Female athletes can encounter more problems than males when participating in sports. These females can easily become deficient in iron, this is because they experience menstruation and pregnancy, without supplements can lead to anemia. Because of the expectation of some sports for women to ~~have a lean figure~~ have a lean figure, women may starve themselves or not eat an adequate diet for the training undertaken which can leave the female iron deficient.

Bone density is another problem women can experience as they can ~~be~~ be deficient in calcium due to their pressure to be thin and their diet may not be adequate this can lead to problems later in life such as osteoporosis.

ii) Children and young athletes can experience medical conditions such as asthma, this is because their

lungs are not completely developed ~~which can lead to them~~ which can lead to them becoming thinner easier and mucus can build up quicker - more common in males and can leave children short of breath and wheezing.

Thermoregulation is a problem as children's body temperature can rise or fall, faster and easier than others care should be taken in hot or cold conditions and adequate hydration be available to cater for this.

Rules are put in place to protect and minimise children from these factors. ~~There are~~ shorter games are put in place to see children maintaining a healthy temperature and fitness needs. Too much exercise can result in kids growth being stunted as too much pressure is put on the body.

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