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a) ① An individual is classified as having an iron deficiency when the iron in their blood is less than 15mg per 100mL. Bone density relates to how much calcium is in an individual's bones as a lack of calcium results in brittle bones. Iron deficiency and bone density affect a women's participation in sport as these two deficiencies often occur in females due to menstruation. Problems that occur because of lack of iron often lead to poor oxygen uptake which results in easy fatigue. Problems with bone density often result in fractures and dislocations due to insufficient calcium. Thus affecting a female's participation in sport.

② & many children today are living with a variety of medical conditions such as asthma, diabetes and epilepsy. Sports medicine address these medical conditions by catering for them in sports practices. Many coaches are required to know the safe practicing that cater for these individuals needs.

Asthma is caused by the narrowing of the bronchies. ~~An asthma~~ An asthma attack can be triggered by exercise ~~of~~ so an effective and suitable warmup must be applied ~~when~~ before competition or exercise. Coaches must be aware of symptoms of an asthma attack and know how to effectively deal with a situation if it was to occur.

Diabetes is caused by the pancreas being unable to produce enough insulin for the body to break down glucose. Coaches must be aware of a diabetic's needs and how to deal with a situation if the athlete doesn't have enough sugar. Epilepsy is caused by interference in the brain electrochemical signals. When this occurs coaches must not restrain athlete but remove danger and always call for medical assistance.

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