

Physiology Team

430

Musculoskeletal Block

9<sup>th</sup> lecture

Physical and Psychological factors in sport

إعداد

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\* هذا العمل شامل لجميع نقاط المحاضرة مع بعض الإضافات للتوضيح

## Benefits of playing youth sports:

1. Better grades
2. Less risk of drug or alcohol use
3. Chances at sports scholarships
4. Health benefits

## Risks of playing youth sports:

Increased risk of injury (concussions-gym class injuries)

## Physical and psychological factors affecting sport performance:

1. Age
2. Gender:
  - a- due to difference in body build + ability: men perform better than women
  - b- due to menstruation: women may perform differently at certain times of their menstrual cycle
3. Drugs:
  - a- anabolic agents ( steroids ): used to increase muscle mass  
side effects: high blood pressure + increase facial hair in female athletes
  - b- stimulants: used to reduce pain + increase speed + aggression  
side effects: high blood pressure + strokes + heart problem + liver problems
  - c- narcotic analgesics: used to mask pain from an injury or overtraining ( pain killers )  
  
**side effects:** addiction + withdrawal symptoms when the athlete stops using them
4. Lack of sleep
5. Diseases: cold + flue
6. Personality type:
  - a- **introvert** :  
( منطوي ويركز اهتمامه على ذاته ، فالرياضة المناسبة له الجولف مثلا )
  - b- **extrovert** :  
( متفاعل مع الاخرين وهذا تناسبه كرة القدم مثلا )

## 7. Other psychological factors

**a- aggression:** could be useful or harmful

**b- depression + lack of motivation:** harmful

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## **Overtraining syndrome**

**chronic + debilitating condition that could affect any athlete at any age.**

**Occurs when the athlete continues training at high intensity while stale and exhaustion**

### **Signs of overtraining:**

- 1. Decreased concentration**
- 2. Decreased self-esteem**
- 3. Slowed mental function**
- 4. Increased anger**

### **Symptoms of overtraining:**

- 1. Fatigue**
- 2. Inability to perform former levels of performance**
- 3. Decreased ability to recover**