

Physiology Team

430

Musculoskeletal Block

9th 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 الآخرين 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**