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The DEVELOPING ATHLETE



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Objectives

At the end of the session, participants are able to:

- Describe the various Physical, Physiological and Psychological developments a growing athlete experiences;
- 2. Discover different approaches in dealing with such developments in relation to the athlete's performance and well-being.



Key Terms:

- 1. Adolescent Development
 - The over-all process of changing from child to teen-ager which usually occurs between the ages of 9-16
- 2. Female Athlete Triad
 - Three unhealthy conditions that occur in some athletic females



Key Terms:

- 3. Skeletal development
 - The changes in the growing skeleton, including muscles and bones that parallel sexual development
- 4. Sexual development
 - The maturation of teens that prepares the body to reproduce and visible changes are also known as secondary sex characteristics



Key Terms:

5. Physiological development

- The changes in the body's ability to tolerate longer periods of exercise
- 6. Psychological development
 - The changes in the psyche of the adolescent toward autonomy and independence that make a person unique and provide a sense of self (maturing mind)



I. Sexual Development

 Sexual development becomes evident as a result of surging steroid hormones:

- ✓Testosterone in boys
- ✓Estrogen in girls
- ✓ It expanse over a period of seven to eight years



I. Sexual Development

 Testosterone in boys rise dramatically at the onset of puberty and makes the growth spurt very noticeable (6-7 inches in a year)

 Often times, an athlete that entered puberty will lose sense of accuracy of movements



II. Skeletal Development

- The changes in the growing skeleton, including muscles and bones
- ✓ Athletes become more stronger, taller and faster but is more prone to injury

Prone to Injury, WHY?

Issues on Flexibility: during the growth
spurt period, bones grow faster than muscles

✓ Issues on Strength



III. Psychological Development

- The changes in the psyche of the adolescent toward autonomy and independence that make a person unique and provide a sense of self (maturing mind)
- The growing psyche affects how kids see themselves and how far they are willing to push themselves



III. Psychological Development

 As teen athletes develop their sense of who they are, they are more likely to push themselves in sports to fulfill that identity

✓ ADVERSE Effect: overuse injuries and early signs of "wear and tear"





Gender-specific Developmental concerns



When sports experience is positive, the memories can last a lifetime; but when the experience is difficult, it can last two lifetimes.



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BOYS' specific Health Issues

- 1. Protecting the Privates
- 2. Protecting the Brain
- 3. "Boy" Problems:
 - a. Odors
 - b. Tinea cruris (Jock itch)
 - c. Tinea pedis (Athlete's foot)



GIRLS' specific Health Issues

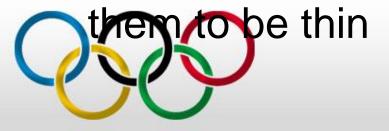
1. Female Athlete Triad

- a. Anorexia (insufficient caloric intake)
- b. Amenorrhea (absence of menstrual periods)
- c. Osteoporosis (decreased bone density)
- 2. Proper support: Sport bras



BOX SCORE:

- Understand the changes your growing teens are experiencing
- Must be alert to the increased risk of sports injuries and know how to prevent them
- Make sure boys are outfitted with proper equipment
- Make sure girls are eating properly, especially if they are in sports that require



Let's allow others specially our children and ourselves develop to live a life of Value



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Life of Value

God's original plan is for man and woman is to experience the

ABUNDANT, VICTORIOUS, SATISFYING LIFE

But MAN developed a: "Selfish Interest Nature", and got separated from God, resulting in human misery, frustration and a meaningless life.



"WHOEVER **COMMITS SIN ALSO COMMITS** LAWLESSNESS, **AND SIN IS** LAWLESSNESS." - St. John

Incomplete Success

"What will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul?" - Jesus Christ

Separation from God means curse and death.... but there is hope to be blessed and to live

a favored life..

"Blessed is the nation whose God is the Lord." (Psalm chapter 33:12)



I am the way, the truth and the life. No one comes to the Father but through me."

– Jesus Christ