



# The DEVELOPING ATHLETE



# Objectives

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

1. 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.**



# 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 them to be thin





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




# 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**