



ABOUT WOMEN'S SPORT PROBLEMS

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Annotation

There is, in my opinion, an unhealthy "emancipation" of sport, often unreasonable, and sometimes harmful, unnecessary for women's health. Increased demands on training and, often, excessive competitive loads impose "overestimated" demands on the body of athletes. The paper describes in detail the problem of increased requirements for training and excessive competitive loads presented to the body of athletes. In this regard, the author recommends paying a lot of attention to the problems of women's sports, in particular to the effect of increasing physical activity on the female body and, accordingly, to the issues of an integrated, balanced approach to the recovery and rehabilitation of athletes.

Keywords: increased requirements, training, competitive load, the body of athletes, women's sports, recovery, rehabilitation.

Introduction

Today, sport is actively attracting women into its ranks, sometimes starting from an early age. childhood age. They are actively mastering previously considered unshakable "male" types sports. This led to the fact that the program of the Olympic Games, world championships and different levels of competition, new sports disciplines are introduced, (many types wrestling, martial arts, weightlifting, wrestling, etc.).

There is, in my opinion, an unhealthy "emancipation" of sports, often unreasonable, and sometimes harmful, unnecessary for women's health. Elevated training requirements and, often, excessive competitive loads impose the body of athletes "excessive" requirements. In this regard, leading domestic and foreign scientists specializing in the field of sports medicine, pay quite a lot of attention to the problems of women's sports, in particular the influence increasing, sometimes inadequate physical load on the female body and, accordingly, the issues of an integrated, balanced approach to recovery and rehabilitation of athletes. [1].

Since the mass and active participation of women in professional sports, in the coaching and academic environment, especially among specialists in sports medicine, they started talking about such a phenomenon as the "triad of women athletes." [2]. In





a number domestic and foreign studies, the prevalence of this triad among professional athletes, although there are various manifestations of it in "active" non-professional female athletes [3].

The first information and results of observations on the triad of women athletes, appeared in foreign research circles and among sports medicine specialists at the end of the last century. During these studies quite often recorded the phenomena of changes in eating behavior, amenorrhea and manifestations of osteoporosis, which led to the appearance in 1992 in the environment specialists (American Sports Medicine Association) term, which received the name "triad of female athletes" (thefemaleathletetriad). [4].

In practice, it can be quite difficult to establish the true number of cases of this pathology, since there are many athletes who, according to various objective and subjective reasons are already at the initial stages of the development of this pathology. They are in every possible way hide their problems from coaches and sports doctors. This contributes to that it is not possible to establish this formidable and prognostically unfavorable diagnosis. Unfortunately, it is often established already with a vivid clinical manifestation. of this triad, when pathological changes in the body of a female athlete are already have gone far enough [5].

Therefore, to establish this diagnosis - the "triad", a situation is allowed where not all 3 components may be present. It happens quite clinically fix 1 or 2 manifestations of the "triad" in order to take such a female athlete to dispensary registration, monitor the state of her health and conduct her rehabilitation [6]. As for menstrual irregularities, they are, especially on the initial stages of the formation of a triad (tetrad) of female athletes may fluctuate - from an episodic decrease in the level of female sex hormones (estrogens) and / or gonadotropins (FSH, LH, prolactin), while maintaining menstrual function, and up to phenomena of persistent amenorrhea, with the absence of menstruation from 3 to 6 months [7].

It has now been established that a decrease in estrogen synthesis is one of the the main causes of the onset and development of osteoporosis [8]. According to generally accepted According to data, the highest bone mass is observed in women between the ages of 20 and 30 years of their life [9]. At the same time, athletes with a normal menstrual cycle each year can add from 2 to 4% of bone mass, while athletes with impaired menstrual cycle can lose up to 2% of their bone mass annually, due to their progressing phenomena of osteoporosis [10]. Therefore, professional athletes with manifestations of any one of the components of the triad will have more a high percentage of the risk of fractures, which is confirmed in practice. Except This significantly increases the risk of multiple fractures in different pelvis, thoracic and





lumbar spine. As shown by practical experience and data from numerous domestic and foreign studies, in athletes, the bones of the lower limbs, pelvis, and spine, where fractures are most common. There are data studies that during rehabilitation and adaptation after the cessation of sports career, for many former professional athletes, bone health can improve somewhat. This complex chain of pathological changes leads to the disruption of complex circadian regulatory mechanisms in the body, such as the hypothalamic - pituitary - ovarian axis, which leads to impaired synthesis of such important hormones as gonadotropin-releasing hormone, LH and FSH. These hormones control the synthesis of estrogen which fails and, consequently, menstrual irregularities are caused.

The latter, in turn, affects the resorption of calcium from bones, a decrease in bone mass tissues [1,2,3]. Therefore, especially frequent manifestations of the sports triad are observed in such aesthetic sports like figure skating, gymnastics, or those sports in which an athlete is tied to a certain weight category: for example, boxing, heavy athletics, wrestling, different types of martial arts.

Recommendation

Women need to focus on running and walking, because they perfect for people of all ages. Since ancient times, people have been fascinated by this species sports, without knowing it, that it is athletics. Athletics strengthens the muscular system throughout the human body, develops endurance, stabilizes blood circulation, when exercising, an intense amount of sweat is released, which removes toxins, if infected. Athletics is suitable for people of all ages. For young girls, it is recommended to devote more time to running from 2 to 5 km per day. Believe me

you will not remain indifferent from the consequences of classes. More mature is best worth it focusses on light jogging or jogging with breaks of 1 to 3 km per day, envy of physical fitness. As amateurs, beginners, 3-4 classes per week will be enough for you. little by little increase training time, but start from a minimum, according to the state of strength and endurance. Drink more water, preferably clean, it helps sweat remove harmful substances from organism. Meals should be regular, at the same time, because when it comes meal time, the excitability of the food center increases, conditionally reflexively stand out digestive juices, metabolism increases. That is, for each time of reception food in the body there is a corresponding functional adjustment.

At disordered eating, this functional readiness to eat is not manifested. As a result digestion and assimilation of food is disturbed, which can lead to disease. Absence The food regime is also reflected in the numerous functions of the cerebral cortex.



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