

### Overeating

1

Overeating is the excess food consumed in relation to the energy that an organism expends, leading to weight gaining and often obesity. It may be regarded as an eating disorder.

(Wikipedia)



#### The effects of overeating on sports performance and participation

- Your fitness will deteriorate (Eg, flexibility, agility and stamina will decrease)
- You lose confidence and become anxious about participating
- You can develop a range of illnesses (Eg, high blood pressure, arthritis) which prevent you from participating in certain activities
- Eating large amounts immediately before participating in a sporting activity can make you feel sick during participation

### Malnutrition

A condition which results from an unbalanced diet in which some nutrients are lacking, missing, taken in excess or taken in the wrong proportion

### Undereating

1

..... a negative energy imbalance that results when energy intake is less than energy that is expended. This negative energy imbalance can occur as a consequence of social conditions (e.g., poverty), medical conditions (e.g., cystic fibrosis), or psychological conditions (e.g., depression)

[www.encyclopedia.com/social-sciences/applied-and-social-sciences-magazines/undereating](http://www.encyclopedia.com/social-sciences/applied-and-social-sciences-magazines/undereating)

#### The effects of undereating on sports performance and participation

- You will have less energy (Eg, not taking in enough carbohydrates) and tire quickly
- Your Muscles and bones weaken, increasing the risk of injury
- Your concentration becomes impaired
- You may develop an eating disorder (eg, Anorexia) and train too hard leading to injury and /or illness
- You may develop an illness which prevents you from participating (Eg, kidney infections)



### Dehydration

2

A condition caused by the excessive loss of water from the body, which causes a rise in blood sodium levels. Since **dehydration** is most often caused by excessive sweating, vomiting, or diarrhea, water loss is usually accompanied by a deficiency of electrolytes. If untreated, severe dehydration can lead to shock.

<https://www.dictionary.com/browse/dehydration>

#### The effects of dehydration on sports performance and participation

- You can overheat leading to heatstroke
- Your concentration becomes impaired
  - You will tire more quickly
- You become ill during participation (eg, vomiting)

