

Metabolic Syndrome:

Is a combination of medical disorders that increase the risk of cardiovascular disease and diabetes

Metabolic risk factors:

- Abdominal obesity
- Atherogenic dyslipidaemia
- Elevated blood pressure
- Insulin resistance or glucose intolerance

Factors contributing to metabolic syndrome:

- Central obesity
- High triglycerides
- High blood pressure
- Insulin resistance
- Low HDL cholesterol

People with metabolic syndrome are at an increased risk of CHD

- The dominant underlying risk factors appear to be abdominal obesity and insulin resistance

Other conditions associated with the syndrome include

- Lack of physical activity, ageing, hormonal imbalance

The main target in the treatment of metabolic syndrome is to reduce the risk for cardiovascular disease and type 2 diabetes

Sedentary lifestyle:

A lifestyle that is predominantly lacking in physical activity

Hypokinetic Disorder:

- A disorder that is totally or partly attributed to a lack of physical activity

An estimated 1/3 of all concerns are attributed to poor nutrition, physical inactivity and being overweight

Access:

- Many people do not have equal access to sport, often as a result of discrimination due to cultural variables

Opportunities:

Barriers to opportunity:

- Age
- Ability/Disability
- Gender
- Ethnicity, race/religion
- Social class

Provision:

- Are the facilities that allow you to participate available to you
- Living in a poorer or inner city area might in the past be discriminated
 - o However recent trend has reversed it
- Also some activities require equipment, which can be expensive, and an inability to afford such equipment can directly restrict access through a lack of provision, or indirectly through a lack of self esteem

Stress:

There are several different types of stress

- ✓ If the build-up they can cause problems

We take specific pre-event rituals because they 'Stress' the body

- o As a result the body makes temporary changes to help deal with the stress
- o These changes are called responses and help us to perform better

Catabolic: Describing the breakdown phase, such as training

Anabolic: Describing the build-up or recovery phase

Stress is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina and heightened alertness

The events that provoke stress are called stressors, the body responds to stressors by activating the nervous system and the production of hormones

- The chain of reactions is known as a stress response and it can enhance a person's ability to perform well under pressure

Good stress and Bad stress:

The stress response is critical during emergency or potentially dangerous situations.

- Can also be activated in milder situations, taking a penalty, taking an exam (can be beneficial)

Sometimes it builds up over time with low level stressors

- Can result in a negative effect

The nervous system senses a build-up of stress so it continues to pump out extra stress hormones

- The can weaken the body's immune system
- Can cause mood swings, sleep deprivation, depression, increased blood pressure and elevated heart rate