Physiological Issues in Female Athleticism and their implications to participation in physical activities and sports

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ABSTRACT
Female athleticism is steadily catching up despite its relatively late advent. On the one hand, the number of activities being participated in by women, including rugby, are continuously on the increase. On the other hand, exercise physiologists continue to take a very keen interest on some pertinent issues peculiar to female athletes. This paper highlights some of the recent findings from the on-going research. This information is expected to go along way towards helping all those working with female athletes to comprehend and appreciate the physiological attributes of the female athletes. The latter shall also get to know themselves better for improved performance.

Key Words: Female Athletes, Amenorrhea, Osteoporosis, Dysmenorrhea