



Awareness and Knowledge of Medical Issues Related to Female Athletes Among Track and Field Coaches in India

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Introduction

Track and field is a popular sport in India, encompassing both power events like sprinting, jumping, and throwing, as well as endurance events like long-distance running. Despite its popularity, there is limited awareness regarding the medical issues faced by female athletes, particularly among coaches. According to the Athletics Federation of India (AFI), injuries such as tendon and ligament damage are common among national-level athletes, with stress fractures being prevalent among long-distance runners. Additionally, a significant number of female athletes suffer from anemia and menstrual irregularities, yet many do not seek medical attention. This lack of awareness among coaches and athletes can lead to untreated medical conditions, affecting both health and performance.

This study aims to investigate the awareness and knowledge of medical issues related to female athletes among track and field coaches in India, focusing on the Female Athlete Triad (FAT) and Relative Energy Deficiency in Sport (RED-S). The study also explores coaches' attitudes toward female athletes' use of contraceptive pills and their willingness to discuss menstrual health with athletes.

