Transforming Care at UnityPoint Health - Fort Dodge

**Caseism.com**

**Claim:** The pressure from competitive sports results in health complications.

**Background**
Different kinds of pressure:
- Internal
- External

Consequences:
- Physical injuries
- Mental problems

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  - Parents, Coaches, Teammates, Fans
- Mental and Physical Effects
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    - Stress, Depression
  - Physical
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Coach

- To many practices a week
- Too intense
- Harassment causes emotional stress

Caseism.com
# Average Hours Spent Per Week In-Season on Athletic Activities in 2010 (Student-Athlete Self-Report)

## Division I

<table>
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<tr>
<th></th>
<th>Baseball</th>
<th>Men’s Basketball</th>
<th>Football (FBS/FCS)</th>
<th>All Other Men’s Sports</th>
<th>Women’s Basketball</th>
<th>All Other Women’s Sports</th>
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<tbody>
<tr>
<td><strong>Athletic Hrs</strong></td>
<td>42.1</td>
<td>39.2</td>
<td>43.3</td>
<td>41.6</td>
<td>32.0</td>
<td>37.6</td>
</tr>
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