

Content	Additional information
Reasons for maintaining water balance (hydration)	<p>Definition of dehydration.</p> <p>Water balance (hydration) prevents dehydration.</p> <p>Dehydration results in:</p> <ul style="list-style-type: none"><li>• blood thickening (increased viscosity), which slows blood flow</li><li>• increases in heart rate/heart has to work harder/irregular heart rate (rhythm)</li><li>• increase in body temperature/overheat</li><li>• slowing of reactions/increased reaction time/poorer decisions</li><li>• muscle fatigue/cramps.</li></ul> <p>Students should be taught to understand and evaluate the consequences of dehydration to performance in different sporting activities.</p>