

Learning Objectives

MedBridge
Relative Energy Deficiency in Sport (RED-S)
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Upon completion of this course, learners will be able to

- Analyze the pathophysiology of starvation to assess the compensatory mechanisms in athletes with RED-S
- Apply the key landmarks in pubertal development to assess and create a developmentally appropriate plan of care for adolescents with RED-S
- Evaluate current tools for RED-S assessment for collegiate athletes to include in the preparticipation physical
- Analyze high-risk dietary patterns to identify risk for RED-S in athletes across the age continuum
- Distinguish the psychological consequences of RED-S to assess medical and physiological risks for athletes