

Case A: Jordan, 22

Second-year Sports and Exercise Sciences student

Jordan is a 22-year-old male second-year Sports and Exercise Sciences student training for competitive rowing. Over the past 12 weeks he has lost 8kg. He describes this as a result of clean eating and increased training volume. He now trains twice daily and becomes visibly distressed if a session is missed or cancelled.

Jordan eats only foods he describes as clean or pure. He refuses to eat with teammates or attend team meals, saying the food is not suitable for his training. He prepares all his own meals and has begun weighing ingredients. His coach has noticed Jordan is quieter and more irritable than usual. His rowing performance has declined over the past six weeks despite the increased training load. Jordan attributes this to not training hard enough. Jordan has not sought any support. He does not believe anything is wrong.

Question 1

What signs and symptoms are present in this scenario? List as many as you can.

Question 2

What condition or conditions might this presentation be consistent with? Give your reasoning.

Question 3

Why might Jordan's presentation be missed or misattributed in a male client in a sport setting?

Question 4

Who would you refer Jordan to, and why? Think about what is realistic in your programme's professional context.
