Issue 2: Code - Codeltem, Category - Categoryltem

When mapping GSIM to our information model we got a bit confused about the difference between Code - Codeltem and Category - Categoryltem.

A Codeltem combines the meaing of the Category with a representation, like in "F-female", where female is the Category. What then is the code? "F"?

We have the same confusion for Category, above the Category is female, Categoryltem is defined as an element of a category set, would that not also be "female?"

So my question is what is the difference between Category and Categoryltem and between Code and Codeltem?