

Resources and Information for Completing a Preparticipation Physical Evaluation During a Child or Adolescent's Well Exam

TABLE 1 Classification of Sports According to Contact

| Contact | Limited-Contact | Noncontact |
|-----------------------------|---------------------------------------|--------------------------------------|
| Basketball | Adventure racing ^a | Badminton |
| Boxing ^b | Baseball | Bodybuilding ^c |
| Cheerleading | Bicycling | Bowling |
| Diving | Canoeing or kayaking (white water) | Canoeing or kayaking (flat water) |
| Extreme sports ^d | Fencing | Crew or rowing |
| Field hockey | Field events | Curling |
| Football, tackle | High jump | Dance |
| Gymnastics | Pole vault | Field events |
| Ice hockey ^e | Floor hockey | Discus |
| Lacrosse | Football, flag or touch | Javelin |
| Martial arts ^f | Handball | Shot-put |
| Rodeo | Horseback riding | Golf |
| Rugby | Martial arts ^f | Orienteering ^g |
| Skiing, downhill | Racquetball | Power lifting ^c |
| Ski jumping | Skating | Race walking |
| Snowboarding | Ice | Riflery |
| Soccer | In-line | Rope jumping |
| Team handball | Roller | Running |
| Ultimate Frisbee | Skiing | Sailing |
| Water polo | Cross-country | Scuba diving |
| Wrestling | Water | Swimming |
| | Skateboarding | Table tennis |
| | Softball | Tennis |
| | Squash | Track |
| | Volleyball | |
| | Weight lifting | |
| | Windsurfing or surfing | |

^a Adventure racing has been added since the previous statement was published and is defined as a combination of 2 or more disciplines, including orienteering and navigation, cross-country running, mountain biking, paddling, and climbing and rope skills.¹

^b The American Academy of Pediatrics opposes participation in boxing for children, adolescents, and young adults.²

^c The American Academy of Pediatrics recommends limiting bodybuilding and power lifting until the adolescent achieves sexual maturity rating 5 (Tanner stage V).

^d Extreme sports has been added since the previous statement was published.

^e The American Academy of Pediatrics recommends limiting the amount of body checking allowed for hockey players 15 years and younger, to reduce injuries.

^f Martial arts can be subclassified as judo, jujitsu, karate, kung fu, and tae kwon do; some forms are contact sports and others are limited-contact sports.

^g Orienteering is a race (contest) in which competitors use a map and a compass to find their way through unfamiliar territory.

Note. From "Medical Conditions Affecting Sports Participation," by S. G. Rice and the Council on Sports Medicine and Fitness, *Pediatrics*, 121(4), p. 842. Copyright 2008 by the American Academy of Pediatrics. Reprinted with permission. (<http://pediatrics.aappublications.org/cgi/content/full/121/4/841/71>)

Resources

American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, & American Osteopathic Academy of Sports Medicine. (2004). *Preparticipation Physical Evaluation* (3rd ed.). New York: McGraw-Hill.



American Academy of Pediatrics, Committee on Sports Medicine and Fitness. (1997). Athletic Participation by Children and Adolescents Who Have Systemic Hypertension. *Pediatrics*, 99 (4), 637-638.

American Academy of Pediatrics, Committee on Sports Medicine and Fitness. (2000). Medical Concerns in the Female Athlete. *Pediatrics*, 106(3), 610-613.

American Academy of Pediatrics, Committee on Sports Medicine and Fitness. (2005). Use of Performance-Enhancing Substances. *Pediatrics*, 115(4), 1103-1106.

American Academy of Pediatrics, Council on Sports Medicine and Fitness, Rice, S. G. (2008). Medical Conditions Affecting Sports Participation. *Pediatrics*, 121(4), 841-848.

Brenner, J. S., Council on Sports Medicine and Fitness. (2007). Overuse Injuries, Overtraining, and Burnout in Child and Adolescent Athletes. *Pediatrics*, 119(6), 1242-1245.

Topics to Consider When Performing a Preparticipation Physical Evaluation

Significant Medical History

Chronic Illnesses (Asthma, Diabetes, Seizure Disorders, etc.)

Orthopedic History

Paired Organs

Sudden Unexplained Death of Family Member

Concussion History

Usage of Appropriate Safety Equipment

Emergency Medications

Performance-Enhancing Substances or Supplements

Weight Loss or Gain for Sport

Eating Disorders

Menstrual Dysfunction

Blood Pressure Criteria

Cardiac History