Print Form

## **Return to School/Physical Education**



**Health Services** Mat-Su Borough School District 501 N. Gulkana Palmer, AK 99645 P: (907) 746-9200

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Illinois Chapter

Student's Name: _	
Date:	

	(check all that apply)		
	No contact sports (see table on reverse side)		
	No strenuous sports (see table on reverse side)		
	No running/jumping		
	No weightlifting		
	No throwing		
	No upperarm/overhead		
	Biking/elliptical/stair master OK		
	Swimming OK		
	Physical Therapy exercise OK in place of gym		
ICTIC	DNS:		
ENTS	:		
CIA	N INFORMATION		
an's Signature:			
an's Name:			



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Phone Number: \_

# CLASSIFICATION OF SPORTS BY STRENUOUSNESS<sup>4</sup>

#### **CLASSIFICATION OF SPORTS BY CONTACT**

Contact or Collision	Limited Contact	Noncontact
Basketball Boxing* Diving Field hockey Football Tackle Ice hockey Lacrosse Martial arts Rodeo Rugby Ski jumping Soccer Team handball Water polo Wrestling Ir	Baseball Bicycling Cheerleading Canoeing or kayaking (white water) Fencing Field events High jump Pole vault Floor hockey Football  Flag Gymnastics Handball Horseback riding Racquetball Skating Ice n-line Roller Skiing Cross-country Downhill Water Skateboarding Snowboarding Softball Squash Ultimate frisbee Volleyball Windsurfing or surfing	Archery Badminton Body building Bowling Canoeing or kayaking (flat water) Crew or rowing Curling Dancing Ballet Modern Jazz Field events Discus Javelin Shot put Golf Orienteering Power lifting Race walking Riflery Rope jumping Running Sailing Scuba diving Swimming Table tennis Tennis Track Weight lifting

High to Moderate Dynamic and Static Demands	High to Moderate Dynamic and Low Static Demands	High to Moderate Static and Low Dynamic Demands
Boxing* Crew or	Badminton Baseball	Archery Auto racing
rowing Cross-country skiing	Basketball Field hockey	Diving Horseback
Cycling  Downhill skiing	Lacrosse Orienteering Race walking	riding (jumping) Field events
Fencing Football Ice hockey Rugby Running (sprint) Speed skating Water	Racquetball Soccer Squash Swimming Table tennis Tennis Volleyball	(throwing) Gymnastics Karate or judo Motorcycling Rodeo Sailing Ski jumping
polo Wrestling	volleyball	Water skiing Weight lifting

**High to Moderate Intensity** 

# \*Participation not recommended by the American Academy of

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

§ Dancing has been further classified into ballet, modern, and jazz since previous statement was published.

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

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**Bowling** Cricket Curling Golf Riflery

Both tables from American Academy of Pediatrics, Committee on Sports Medicine and Fitness. Medical Conditions Affecting Sports Participation. *Pediatrics*. 2001; 107:1205-1209.

Participation not recommended by the American Academy of Pediatrics.