

CHILDREN IN SPORT

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Current Context

“Shift from free play to organised sport over latter 20th century

“Increasing participation at younger and younger ages

“Demands on both cognitive and physical maturity of our children

“Variable experience of coaches

“Variable parental influence – potential for both positive and negative aspects





Physical Activity and Health Promotion

- Participation in sport promotes the goal of lifelong physical activity and the adoption of active lifestyles as adults
- Reduces risk of adult health problems such as diabetes, obesity and heart disease
- Psychosocial development
- First and foremost has to be FUN!!!!!!

Role of Medical Practitioner

- Participation assessment
- Education of coaches and parents
- Health and safety of athlete
- Training advice
- Injury prevention strategies

History and Examination

“Physical activity history – type of activity, frequency and duration

“How organised are the activities? – coaching, parental involvement, equipment etc

“Current health conditions and their management – including dietary history

“Physical examination – posture, muscle balance, podiatry, nutrition



Sport Participation Context

- ◉ Sports/Activities being played
- ◉ Coaching experience
- ◉ Safety equipment knowledge and use
- ◉ Parental involvement
- ◉ Representative commitment

Child Sport Injuries

- Overuse injuries
- Overtraining
- Burnout
- Acute injuries

Prevention of Injury



"Rest Days

"Training increases should not exceed 10% per week

"2-3 months break from a specific sport during the year

"Focus on FUN, skill acquisition, safety and sportsmanship

"Representative demands should be included in total time with sport

"Be alert to overtraining and burnout

"Advocate for education and understanding of medical issues

Recommendations

Organised sport should complement not replace free play, recreation and physical education school programs

Medical Practitioners should help assess developmental readiness and medical suitability for participation

Medical Practitioners should take an active role in education of coaches and parents in regard to safety and monitoring health of their athletes

Medical Practitioners should take active role in identifying and preserving goals of sport that best serve young athletes.



What it is all about!

