

1: Teenage Girls sports physical *Girls only please!! Or doctors xD*? | Yahoo Answers

A sports physical -- also known as a pre-participation physical examination-- is a check-up to assess a teen's health and fitness as it relates to a sport. It is not the same as a regular physical.

So they might just need a little encouragement to keep it going during the teen years. Immediate benefits include maintaining a healthy weight, feeling more energetic, and promoting a better outlook. Participating in team and individual sports can boost self-confidence, provide chances for social interaction, and offer a chance to have fun. And regular physical activity can help prevent heart disease, diabetes, and other medical problems later in life. Yet physical activity tends to lag during the teen years. Many teens drop out of organized sports, and participation in daily physical education classes is a thing of the past. But given the opportunity and interest, teens can get health benefits from almost any activity they enjoy – skateboarding, in-line skating, yoga, swimming, dancing, or kicking a footbag in the driveway. Weight training, under supervision of a qualified adult, can improve strength and help prevent sports injuries. Teens can work physical activity into everyday routines, such as walking to school, doing chores, or finding an active part-time job. They can be camp counselors, babysitters, or assistant coaches for young sports teams, jobs that come with a chance to be active. Motivating Teens to Be Active

Teens face many new social and academic pressures in addition to dealing with emotional and physical changes. Parents should try to give teens control over how they decide to be physically active. Once they get started, many teens enjoy the feelings of well-being, reduced stress, and increased strength and energy they get from exercise. Help your teen stay active by finding an exercise regimen that fits with his or her schedule. Your teen may not have time to play a team sport at school or in a local league, but many gyms offer teen memberships, and kids might be able to squeeze in a visit before or after school. Some teens might feel more comfortable doing home exercise videos, which are fine. And all teens should limit the time spent in sedentary activities, including watching TV, playing video games, and using computers, smartphones, or tablets. Teens who are overweight or very sedentary might need to start slowly and the doctor can recommend programs or help you devise a fitness plan. A teen with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be changed or adapted, and some may be too risky depending on the condition. Talk to your doctor about which activities are safe for your child. And some teens may overdo it when it comes to fitness. Young athletes, particularly those involved in gymnastics, wrestling, or dance, may face pressures to lose weight. If your teen refuses to eat certain food groups such as fats, becomes overly concerned with body image, appears to be exercising compulsively, or has a sudden change in weight, talk with your doctor. Another dangerous issue is the use of steroids, particularly in sports where size and strength are valued. Talk with your doctor if you suspect your teen is using steroids or other performance-enhancing substances. Finally, speak with your doctor if your teen complains of pain during sports and exercise.

Fitness for Everyone Everyone can benefit from being physically fit. Staying fit can help improve self-esteem and decrease the risk of serious illnesses such as heart disease and stroke later in life. And regular physical activity can help teens learn to meet the physical and emotional challenges they face every day. Help your teen commit to fitness by being a positive role model and exercising regularly, too. For fitness activities you can enjoy together, try bike rides, hitting a tennis ball around, going to a local swimming pool, or even playing games like capture the flag and touch football.

2: The Importance of Retaining Girls in Sports | HuffPost

You already know that playing sports helps keep you fit. You also know that sports are a fun way to socialize and meet people. But you might not know why it's so important to get a sports physical at the beginning of your sports season. In the sports medicine field, the sports physical exam is known.

Social stigma, lack of access, safety and transportation issues, costs and lack of positive role models can all contribute to the reasons why girls drop out of sports in their adolescent years. NYC By the age of 14, girls drop out of sports twice as often as boys. If these factors can be addressed, I believe that more girls will remain involved in sport and physical activity throughout their lives. Laureus Sport for Good Foundation USA uses sport as a tool for social change by providing youth the opportunities to overcome barriers they face while growing up in challenging environments. As an organization, we address the factors that hinder youth participation in sports by providing them access to quality sport programs and ensuring that positive role models inspire young girls. Participation in sport and physical activity positively impact physical and mental health, and reduce the probability of young people engaging in risky behaviors such as unsafe sexual activities and drug use. Title IX of the Education Amendments of 1972 was a giant leap for womankind because it prohibited discrimination based on sex in federally-funded educational programs and activities. This opened many doors for women and girls to participate in athletic opportunities, which were once inaccessible for all females. Today we, as a sport for development sector, need to uncover and invest in innovative methods to retain the number of women and girls in sports. It is our responsibility to demonstrate to girls that it is socially acceptable to participate in sports; it can give girls the skills and confidence to break down barriers and achieve goals throughout their lives. Firstly, sports can address gender issues and promote gender equality on a global scale. In the study " Girls, Sports and Equality: A State by State Ranking of Title IX ," public, co-ed high schools nationwide were surveyed and their gender inequality was ranked; Georgia had the greatest sport gender inequality at There is no state in the country which has achieved equality. This trend needs to change so girls can benefit from participating in sports because of the long-term positive effects it can have on their well-being and livelihood. According to the report, staying active and participating in physical activity can prevent chronic diseases such as obesity and heart disease, lower rates of substance abuse, reduce risky behaviors, and decrease rates of teenage pregnancies. Furthermore, girls will have better mental health, higher self-image and confidence levels, improved teamwork and communication skills, increased graduation rates, and leadership skills that can lead to achievement opportunities in school and at work. EY Women Athletics Business Network and espnW conducted a survey making the connection between women, sports and leadership. There have been a handful of organizations working towards retaining girls in sports. Girls in the Game targets girls ages from lower economic backgrounds in Chicago by addressing their physical, mental and emotional health through sport and fitness, nutrition, health education, and leadership development. Girls Athletics and Life Skills GAALS has a curriculum which, during their practices, pairs learning a physical skill with a life skill to promote problem solving, teamwork, and communication; they aim to build confident girls ready for their futures. Laureus USA is committed to ensuring girls ages are physically active, and we invest in programs which increase access to this population. One of these programs, Girls on the Run , does remarkable work by teaching girls life skills through hands-on lessons and running activities. They can look up to female leaders like Jen Welter, who recently became the first woman to hold a coaching position in the National Football League. These two women are examples of females who dominate competitions; Franklin and Catchings have both committed their time to being positive role models for young girls. For example, Catchings founded the Catch the Stars Foundation to "empower youth to achieve their dreams by providing goal-setting programs that promote literacy, fitness and mentoring. I hope others will join us in our mission to keep girls active and positively impact future generations through sport.

3: Let's get physical: how women's sport can conquer body image | Life and style | The Guardian

Lack of physical education in schools and limited opportunities to play sports in both high school and college mean girls have to look elsewhere for sports -which may not exist or may cost more money.

Print Most girls who play sports have regular menstrual periods, and girls who are very active may skip a few periods. What is the Female Athlete Triad and what causes it? The Female Athlete Triad is a syndrome collection of signs and symptoms that links three health problems including: Periods also may be irregular. Stress lowers estrogen levels, which may cause skipped periods. Inadequate nutrition means that your body is not getting enough energy from the foods you eat. Even eating regular amounts of food may not be enough for a very active person to maintain a normal weight. Healthy nutrition is needed to have regular periods and normal estrogen levels. If you lose weight, you are especially likely to skip periods. Some girls also have an eating disorder such as anorexia nervosa or bulimia. When a young woman with anorexia nervosa or bulimia exercises too much, she is putting an extreme strain on her body. This is defined as the absence of menstrual periods for longer than 6 months. This lack of menstrual periods can happen when there is significant weight loss, disordered eating, or intense training or exercise. A certain percentage of body fat is needed to maintain a healthy weight and strong bones. Girls will stop having their periods if their weight drops to an unhealthy level, or their nutrition is not balanced. Having your period every 2 to 3 months or very light periods is a sign that you are not taking in enough nutrients. Low levels of estrogen can cause low bone mass. This is when your bones are weaker than they should be. Everyone teen girls especially needs the right balance of exercise, body weight, calcium intake, vitamin D, and estrogen levels to have healthy bones. What health problems can the Female Athlete Triad cause in the future? Each of the three conditions inadequate nutrition, amenorrhea, and low bone mass are serious conditions that can cause health problems in the future and the need for special medical care. For example, athletes may eat a healthy diet yet still skip menstrual periods and be at risk of low bone mass. Disordered eating can cause heart problems such as an irregular heartbeat, muscle weakness or fatigue, fainting, and loss of concentration with school work and athletics. The biggest concern is that low estrogen levels may result in low bone mass. Girls should add half of the bone mass that they will have for their lifetime during their teen years because very little bone mass is added after you are 20 years old. During your teen years, low bone mass and intense exercise can make it easier for you to get stress fractures. A stress fracture is a very small crack that can occur in bones when you do the same activity over and over for too long. For example, a runner may get a stress fracture in her lower leg or foot, and a gymnast may get a stress fracture in her spine. If you continue to do the activity in spite of the pain, the bone may break. How will I know if I have low bone mass? The test results allow your health care provider to assess whether you have more or less bone mass compared to other girls your age. Who is at risk for the Female Athlete Triad? Athletes who do a great amount of physical activity are at risk for any of the three conditions of the Female Athlete Triad. Athletes who are very competitive or focus a large part of their lives on their sport are considered to be at a higher risk. Certain activities that involve a lot of endurance such as long distance running may put you at more risk for the Triad. There is also a higher risk among girls involved in activities that demand a thin physical appearance, such as gymnastics or dancing. Being aware of these demands or pressures on your body is a good first step towards keeping yourself healthy. The right balance will keep you healthy. Give your body enough energy to fuel your performance. During sports seasons, make sure you eat a healthy diet with enough calories to make up for all of your training. Ask your health care provider: What is a healthy weight for you? Try not to lose weight if you are already at a healthy weight. Eat a balance of fats, protein, and carbohydrates. Make sure you get mg of calcium and at least international units of vitamin D every day through eating a healthy diet and taking vitamins to keep your bones strong. Over-the-counter multi-vitamin tablets contain different amounts of vitamin D. Keep a menstrual calendar. Use a calendar or phone app to keep track of when your periods start and how long they last. If you develop the same pain in your leg or foot every time you run, the same pain in your back whenever you do gymnastics, or the same pain in any part of your body whenever you do the same activity, you may have a stress fracture. Be sure to get it checked out. Talk with your health

care provider. If you are bingeing, purging, not letting yourself eat, avoiding fats in your meals, or worried about your weight a lot of the time, get help from coaches, trainers, and health care providers. While some problems may be hard to talk about, the earlier they are treated, the better. Taking part in sports is a great way to be active and to improve your health. As long as you take care of yourself and talk to your health care provider when you have questions or problems, sports will make you a stronger, fitter, and healthier person.

4: Sports Nutrition | Nutritional Advice for Teens

Physical Therapy Helps Young Athlete Get Back on the Court. When year-old Gena Hensel, a member of the Midland Dow High School girls volleyball team, took a tumble in gym class and hurt her knee, no one suspected that the damage was severe.

Chinese ladies playing cuju, by the Ming Dynasty painter Du Jin The first Olympic games in the modern era, which were in were not open to women, but since then the number of women who have participated in the Olympic games have increased dramatically. With the victory of Napoleon less than twenty years later, physical education was reduced to military preparedness for boys and men. This included the measurement of performances of girls. They were noncompetitive, informal, rule-less; they emphasized physical activity rather than competition. Few women competed in sports in Europe and North America before the late nineteenth and early twentieth centuries, as social changes favored increased female participation in society as equals with men. Although women were technically permitted to participate in many sports, relatively few did. There was often disapproval of those who did. Anthony said "I stand and rejoice every time I see a woman ride on a wheel. It gives women a feeling of freedom and self-reliance. Women first made their appearance in the Olympic Games in Paris in That year, 22 women competed in tennis, sailing, croquet, equestrian, and golf. Thus netball was developed out of basketball and softball out of baseball. The International Olympic Committee began to incorporate greater participation of women at the Olympics in response. The number of Olympic women athletes increased over five-fold in the period, going from 65 at the Summer Olympics to at the Summer Olympics. This is often attributed to a lack of spectator support. The legacy of these programs endured, as former Communist countries continue to produce many of the top female athletes. Fraulein Kussinn and Mrs. Fencer Sibyl Marston holding a foil. Picture on right shows a U. In , the United States government implemented Title IX , a law stating that any federally funded program cannot discriminate anyone based on their sex. In , 16, females competed in intercollegiate athletics. By , that number jumped to more than ,, accounting for 43 percent of all college athletes. There is also a huge disparity regarding sport related scholarships for men and women, with men getting million more in funding than women. This disparity shows the link between race and gender, and how it plays a significant role in the hierarchy of sports. In the number of female high school athletes reached 2. History of Canadian women Sports are a high priority in Canadian culture, but women were long relegated to second-class status. There were also regional differences, with the eastern provinces emphasizing a more feminine "girls rule" game of basketball, while the Western provinces preferred identical rules. There were very few women in leadership positions in academic administration, student affairs or athletics and not many female coaches. Staunch feminists dismissed sports and thought of them as unworthy of their support. These notions where first challenged by the "new women" around These women started with bicycling; they rode into new gender spaces in education, work, and suffrage. The s marked a breakthrough for women, including working-class young women in addition to the pioneering middle class sportswomen. Sport in the United Kingdom The United Kingdom has produced a range of major international sports including: Since the late s, Women In Sport, [27] a non-profit organization, has hoped to transform sport for the benefit of women and girls in the UK. The law states that federal funds can be withdrawn from a school engaging in intentional gender discrimination in the provision of curriculum, counseling, academic support, or general educational opportunities; this includes interscholastic or varsity sports. The equal benefits are the necessities such as equal equipment, uniforms, supplies, training, practice, quality in coaches and opponents, awards, cheerleaders and bands at the game. In , there was a policy interpretation that offered three ways in which schools could be compliant with Title IX; it became known as the "three-part test". Providing athletic participation opportunities that are substantially proportionate to the student enrollment. This prong of the test is satisfied when participation opportunities for men and women are "substantially proportionate" to their respective undergraduate enrollment. Demonstrating a continual expansion of athletic opportunities for the underrepresented sex. This prong of the test is satisfied when an institution has a history and continuing practice of program expansion that is responsive to the developing

interests and abilities of the underrepresented sex typically female. Accommodating the interest and ability of the underrepresented sex. This prong of the test is satisfied when an institution is meeting the interests and abilities of its female students even where there are disproportionately fewer females than males participating in sports. Although schools only have to be compliant with one of the three prongs, many schools have not managed to achieve equality. However, Title IX did not fully define how governance will take place in regard to sports. Most sport teams or institutions, regardless of gender, are managed by male coaches and managers. This lack of women is because many institutions prefer a dominant male presence in order to preserve the traditional masculinity hegemony present in institutions and professional leagues, in relation to sports. The disparity of men and women sport is prevalent and a significant one at that. The more alarming instance is the lack of female leadership in the sports world. The disparity will persist if the gap within leadership is not first fixed. It was also used to provide protection to those who are being discriminated due to their gender. After the law was passed many females started to get involved in sports. By , eighteen years later, 1. The five most frequently offered college sports for women are, in order: Since , women have also competed in the traditional male sports of wrestling, weightlifting, rugby, and boxing. No other public health program can claim similar success. One argument was that revenue-producing sports such as college football should be exempted from Title IX compliance. Others argued that federal legislation was not the way to achieve equality or even parity. Yet as a result of Title IX, women have benefited from involvement in amateur and professional sports and, in turn, sports are more exciting with their participation. Gender remains a selective and primary factor in terms of determining if women are able-bodied as men and if they should get the same treatment in terms of sports. Negative gender-based characteristics such as masculinity and femininity have been described as the deciding factor in order to play sports, and has often been held as justifiable dismissing sports equity. Taking into consideration the revenues generated by the sport itself and the accomplishments of the athletes, the disparity in pay is extremely overwhelming. Golf is another sport which has a significant rising female presence. However, when one compares the revenue earned to salary received, women athletes often get an extremely low[clarification needed] salary in comparison to the revenue they generate and their accomplishments. Although female athletes have come a long way since the establishment of professional sports, they still remain far behind in terms of pay and media coverage. On March 30, , five players from the U. The complaint argues that U. Muslim women in sport Sania Mirza , a former world No. Muslim women are less likely to take part in sport than Western non-Muslims. The lack of availability of suitably modest sports clothing and sports facilities that allow women to play in private contributes to the lack of participation. The Quranic statements that followers of Islam should be healthy, fit and make time for leisure are not sex-specific. The prophet Muhammad is said to have raced his wife Aisha on several occasions, with Aisha beating him the first couple of times. Iran was given the right to host the International Beach Volleyball tournament, and many Iranian women were looking forward to attending the event. However, when the women tried to attend the event, they were disallowed, and told it was forbidden to attend by the FIVB. The women took to social media to share their outrage; however the Federation of International Beach volleyball refuted the accusations, saying it was a misunderstanding. The conferences pretend to "develop a sporting culture that enables and values the full involvement of women in every aspect of sport and physical activity", by "increas[ing] the involvement of women in sport at all levels and in all functions and roles".

5: I'm scared to get a physical for sports! - GirlsLife

Much of our research indicates that lack of physical activity is directly related to increased pregnancy, delinquency, obesity, truancy and increased risk taking (use of drugs and alcohol) among school-aged girls.

Tips for Maintaining Your Athletic Figure Fuel Sources When you consume a meal or a snack, the food you eat is digested in the body and nutrients are absorbed. This provides the body with energy to perform its necessary functions as food is transformed into calories. To maximize athletic performances, it is critical that you consume enough calories from a variety of different food sources, since athletic activity burns calories faster than when the body is not performing physical activities. A balanced intake of carbohydrates, proteins, and fats can provide proper proportions of nutrients to your body and give an edge during a physical activity. Carbohydrates are the most important source of energy for endurance and power. Proteins help build new body tissues, and fats provide energy when you are exercising at lower intensity. Back to top

Carbohydrates Research indicates that carbohydrates may be the most important nutrient for sports performance because they are the most efficient fuel for energy production. In addition to fueling our central nervous system, carbohydrates are stored in the body as glycogen, which can be used when needed during physical activities. Back to top

Protein Protein is what rebuilds and repairs your muscles after a tough workout or game, but it also primes the pump to make sure the right amino acids are available to your muscles during the workout. For this reason, protein "like carbs" is needed both before and after your workout. Protein is also used to make red blood cells, which move oxygen to muscles, and white blood cells, which help fight infections. Your body also uses protein to make hormones and enzymes. Protein is very important to our bodies, but try to avoid unhealthy sources of protein such as cheeseburgers, fried chicken, or bacon. Rather, aim for lean proteins such as: Fats also help your body use vitamins and phytochemicals, as well as move substances in and out of cells and keep your brain, nervous system, and skin healthy. What are the good fats and where can you find them? Try eating omega-3 fats found in fish such as salmon, which can contribute to decreased fat storage. You should also eat monosaturated fats found in meats, nuts, avocados and whole milk products. Remember, these fats are good but should still be eaten in small amounts. Avoid fats in the hours before a workout or game because they take longer to digest, and you do not want to have intestinal cramping or pain during the workout. Your body needs calcium, magnesium, fluoride, and vitamin D to keep bones strong. You should be getting these from the food you are eating, but if you are not, try taking daily supplements. Back to top

Water A human body is mostly water, comprising over 60 percent of your weight. Water plays a big part in keeping you cool, as well as in flushing toxins from your system. When you exercise strenuously, you can lose a significant amount of fluid, and it is important to replace that fluid re-hydrate so that your body can continue to function at its best. Signs of dehydration include feeling dizzy or lightheaded, having a dry mouth and not urinating as much as usual. If you are dehydrated, you will not be as strong and your reactions will not be as fast as they could be. Back to top

Fueling Strategies A common question among athletes is: There are no set answers because every body is different, but these tips can help you put together a fueling plan that will suit your body best. **Carb-Loading** Because each fuel source provides energy for a different kind of exertion, you can imagine that what you eat at any given time can affect your performance in the next athletic event. This is why many endurance athletes do what is called "carb loading" "eating foods high in carbohydrates" for a few days before an athletic event. This process helps the muscles build up an excess of glycogen that can be called on during the competition. Be sure to check with your doctor if you plan on "carb loading. Eating breakfast each morning is crucial to top performance throughout the day. Skipping breakfast can leave you feeling tired and unable to concentrate; it also leads to overeating at later meals and snacks. Student athletes who eat breakfast perform better in the classroom than those who skip breakfast. Try eating a snack right before you go to bed, such as cereal or a piece of toast, or eat something easy to digest, like a banana, right when you wake up. Then pack something to eat after your workout if you have to go straight to class. **Before a Workout** You should generally try to eat one to three hours before a work out to give yourself proper fueling. If you are not energized properly, you will not perform your best. Your pre-exercise snacks should be

carbohydrate-rich to top off muscle glycogen stores, include a small amount of protein to reduce post-exercise muscle soreness, and be low in fat and fiber to ensure optimal digestion. You can eat a heavy meal four to five hours before a workout with generous amounts of carbohydrates, moderate protein, and moderate fat. Two to three hours before exercise try, a light meal with a moderate amount of carbs and protein and almost no fat. Then, in the hour before exercising, keep your intake small. At all times, make sure to keep in-taking fluids to ensure you are properly hydrated. During Breaks If you have a long game or practice and are allowed to break in the middle, drink water or your favorite sports drink. Both will keep you hydrated; a sports drink will give you some fuel and replace sodium that is lost in sweat. The sodium in the sports drink will help your body hold only fluid. If you feel that you need it, eat a small snack, similar to what you would consume in the 30 minutes before a workout, such as a few pretzels. Make sure what you eat in this time is light, low in fats and protein, and will not weigh you down when you jump back into your work out. After the Game After strenuous physical activity, your body needs to rebuild and repair, and you need to replenish all the fluids you lost through sweating. The most essential thing to do is re-hydrate. Check the color of your urine. If it is dark, you are dehydrated and need to drink more; if it is light yellow or clear then you are getting enough fluids through your body. During the workout your body used stored energy glycogen in your muscles to power through. Post-workout food is especially important if you train hard every day to avoid soreness and injury. Depending on the time of day, post-workout meals could be anything from a small snack " such as a smoothie or low-fat chocolate milk " to a meal of turkey, potatoes, rice, and milk. Just make sure that your post-workout food intake contains a fair amount of both protein and carbohydrates regardless of the time of day. Your body uses the carbohydrates and proteins from these items the same way it uses other carbohydrates or proteins. It just depends on what you prefer to eat and drink! Many supplements are available without a prescription, and claim to provide unparalleled performance. It is important to remember that even if such supplements are marketed as "safe," they are tested on adults, not on growing teens. Some supplements, such as anabolic steroids, are legally available only by prescription. Supplements that claim to increase athletic performance can have adverse effects on growing bodies. Several are derived from hormones that are already being produced by the body. If you are eating a nutritionally balanced diet, you are getting the necessary amount of carbohydrates, proteins, and fats along with the important vitamins and minerals your body needs for optimum functioning. Besides being illegal, adding more substances may not give you any benefit, and can even harm you. In order to provide your body with the most premium fuel it can get, you just need to consume a balanced diet and have plenty of rest. Back to top Tips for Maintaining Your Athletic Figure Exercise makes our bodies feel amazing, but how do you properly take care of your body before and after? Run no further, look below for some tips on how to nourish your beautiful athletic figure. Make sure to eat before, during, and after your sport. This helps maintain blood glucose levels, which in turn will help enhance your sports performance. Drink water hours before your sport, during breaks, and especially afterwards to replenish your body. Sounds crazy but fats are a source of fuel for your body. Healthy fats are strongly advised " such as peanut butter or avocado. Before exercising, eat a meal with complex carbohydrates i. After you exercise, make sure to replenish some of the calories lost. As tempting as it is avoid sugary fatty foods before exercise, your body will thank you later! Stock up on vitamins and minerals! Iron for girls and calcium for everyone are two essentials that are often neglected. A daily multivitamin is usually enough to get all the vitamins and minerals that you are not getting in your food. Below are links PAMF accessed when researching this topic.

6: Women's sports - Wikipedia

Tables 1 and 2 (below) summarise a range of empirical research into girls' participation in sports and physical activities. These and other studies report a clear trend of decreasing levels of activity as girls get older, and a widening.

You also know that sports are a fun way to socialize and meet people. What Is a Sports Physical? In the sports medicine field, the sports physical exam is known as a preparticipation physical examination PPE. Most states actually require that kids and teens have a sports physical before they can start a new sport or begin a new competitive season. The two main parts to a sports physical are the medical history and the physical exam.

Medical History This part of the exam includes questions about: If possible, ask both parents about family medical history. Answer the questions as well as you can. Try not to guess the answers or give answers you think your doctor wants. Looking at patterns of illness in your family is a good way to consider possible conditions you may have. Most sports medicine doctors believe the medical history is the most important part of the sports physical exam, so take time to answer the questions carefully.

Physical Examination During the physical part of the exam, the doctor will usually: At the end of your exam, the doctor will either fill out and sign a form if everything checks out OK or, in some cases, recommend a follow-up exam, additional tests, or specific treatment for medical problems.

Why Is a Sports Physical Important? A sports physical can help you find out about and deal with health problems that might interfere with your participation in a sport. For example, if you have frequent asthma attacks but are starting forward in soccer, a doctor might be able to prescribe a different type of inhaler or adjust the dosage so that you can breathe more easily when you run. Your doctor may even have some good training tips and be able to give you some ideas for avoiding injuries. For example, he or she may recommend certain stretching or strengthening activities, that help prevent injuries. A doctor also can identify risk factors that are linked to specific sports. Advice like this will make you a better, stronger athlete. Some people go to their own doctor for a sports physical; others have one at school. During school physicals, you may go to half a dozen or so "stations" set up in the gym; each one is staffed by a medical professional who gives you a specific part of the physical exam. Your doctor knows you "and your health history" better than anyone you talk to briefly in a gym. And if you compete regularly in a sport before ninth grade, you should begin getting these exams even earlier. Getting a sports physical once a year is usually adequate. Perhaps the pain comes from previous overtraining or poor running technique. Maybe you injured the knee a long time ago and it never totally healed. In a word, yes. It may seem like overkill, but a sports physical is different from a standard physical. The sports physical focuses on your well-being as it relates to playing a sport. During a regular physical, however, your doctor will address your overall well-being, which may include things that are unrelated to sports. Just as professional sports stars need medical care to keep them playing their best, so do teenage athletes. You can give yourself the same edge as the pros by making sure you have your sports physical.

7: Sports and Menstrual Periods: The Female Athlete Triad | Center for Young Women's Health

The Women's Sports Foundation's report "Her Life Depends On It III" reviewed data from over 1, studies that demonstrate the importance of sport and physical activity for women and young girls.

Blood test Musculoskeletal to evaluate posture, joints, strength, and flexibility Specific sports such as wrestling may require additional exams such as skin exams to make sure the athlete does not have a contagious skin disease. Some schools have started requiring athletes to undergo blood tests for sickle cell anemia due to the increasing number of athlete deaths from sickle cell trait. The policy shift was prompted by a lawsuit against the NCAA by the family of a Rice University football player who died during practice in from a sickle cell attack. Many sports physical forms have a box that says Genitalia "Hernia male , Genitalia, Genito-urinary, Genitourinary system, or Testicular Exam. A good history should detect who needs to be examined for this. There are no clinical outcome studies available which document the need for these exams. Even some boys have refused to participate in sports because of those exams. Sherman shares that he has seen female physicians blogging about how embarrassed boys gets during those exams and that this problem is rarely addressed. For most boys, a male physician is less embarrassing than a woman. But women who are a majority of pediatricians nowadays are often the ones who perform these exams. Joel Sherman Another problem is that male doctors often have female nurses as chaperones for male genital exams and that makes the embarrassment much worse. Many boys still find genital exams embarrassing even with male doctors without any women present. Some male doctors have humiliated boys. One male doctor blogged using terms such as "hilarious", "entertaining", and "quite funny" to describe the embarrassment and humiliation felt by his young male patients during the hernia exam. This, after commenting extensively about the fact that he knew the exam was unnecessary and that he as a doctor had the option to omit it but chose not to. He talked about how he had to make a boy pull down his pants and underwear. The boy reluctantly pulled down his pants half an inch showing the band of his underwear. Then the doctor told him he had to pull down his pants and underwear all way. Parents need to ask how a forced genital exposure shows a readiness to play school sports and how this type of treatment affects boys emotionally and psychologically. Parents and boys are often not told the truth that there is no need for genital exams to ensure that they can play sports safely or asked if they want them done. There is no other need for genital exams to play sports. Given the total lack of evidence that routine intimate exams add to the safety of participants, the regular use of these exams should be abandoned. We agree with Dr. Sherman that genital exams are not necessary for sports physicals since there is no evidence that they ensure the safety of playing sports. Adolescent boys should be taught to self-examine for testicular lumps and hernias and if they have a problem, they can always go to see a doctor. Kids will know if they have a hernia if it is significant. If it is too small for them to notice, nothing need be done unless they have some pain. Small hernias can usually be left alone. Check out information about hernias. It is very disturbing that some school districts such as this school district in New York require breast exams for girls and genital exams for boys as part of physical exams. Children should never be forced to have breast or genital exams for physicals. Most doctors do not do genital exams on girls for sports physicals. There is no reason for a genital exam to be done on girls for sports physicals anyway. Many girls were very upset afterwards, as the exam was unexpected and they did not know why it was done. This doctor should be reported to the state medical board and the school for sexual misconduct. There is no reason for breast exams to be done on girls for sports physicals since they have nothing to do with ensuring the safety of girls playing sports. Educate parents, coaches, and teachers about unnecessary intimate exams for sports physicals. Parents should lodge complaints with schools when unnecessary intimate exams happen during sports physicals. We need to ask doctors and nurses to end unnecessary intimate exams for sports physicals. Parents should fill out as much of the form in advance, including marking "no consent" on portions of the exam that they are not comfortable with. Doctors have the liberty to customize these exams per their judgment, thus not everything listed has to be done. Parents should consider bringing a letter stating that the doctor cannot do a breast or genital exam on their child. Use this sample petition you can modify it if you have Word. Check out several examples of sports

physical examination forms:

8: Fitness and Your to Year-Old

Most athletes and their parents will be asked to fill out a medical history form before the sports physical exam takes place. The medical history is an important tool in identifying health problems that might affect an athlete's ability to participate and/or perform in sports.

9: Sports Physicals

Michelle Kulas worked in the health-care field for 10 years, serving as a certified nurses' assistant, dental assistant and dental insurance billing coordinator. Her areas of expertise include health and dental topics, parenting, nutrition, homeschooling and travel. As your daughter goes through her.

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