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ADULT HEALTH BULLETIN

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THIS MONTH'S TOPIC: GETTING KIDS READY FOR FALL SPORTS

With the start of the school year, fall sports are not far behind. Your child may have already started to prepare for the school sports season. Many students will be required to go to a healthcare provider and get a pre-participation physical exam. This exam is generally given students before the start of high school, college, or even some league sports. This exam is not meant to keep anyone from playing a sport; it is to make sure all student athletes are healthy and safe!

Why should my child have a pre-participation physical exam?

A PPE will:

- Help spot any conditions that may predispose students to injury.
- Notice any conditions that may be life threatening.
- Meet legal and insurance requirements for the school and/or league.

PPEs also help:

- Determine general health.
- Provide counseling on any health related issues.
- Assess fitness level of students.

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*It is important to support and encourage your child **when playing sports.***

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The exam may be performed in a physician's office or in a station-like setting depending on how many athletes are being examined or the cost of the exam. The school may determine where your child needs to go for the exam.

The PPE will include a medical history and a physical exam.

A complete medical history will ask about:

- Past injuries
- Medication usage
- Drug allergies

There may also be a questionnaire, depending on the situation.

The physical exam will most likely measure the following items:

- Height
- Weight
- Vision
- Blood pressure
- Pulse rate

The healthcare provider may also look at the head, ears, nose, throat, lungs, stomach area, skin, and joints – it all depends on the sport and its requirements.

When your child is involved in sports it is easy to get carried away with the game! Being a spectator is a great way to be involved with your child. Here are a few suggestions to make sure your child's game is fun for everyone.

A quick guide to being a great spectator

1. Don't be a bully – do not scream or yell at players on the field or the coach.
2. Help children understand that winning is not their only goal - if children focus on winning and do not do well, they will quit and feel as though they are losers. Instead set specific goals such as to try to block

3 times every game between now and midseason.

3. Cheer! Don't instruct – when your child is focused on your directions they cannot concentrate on the game and it may hurt their ability to play
4. Blend in with the crowd – cheer for everyone on the team, not just your child!

It is important to show your child support and to encourage them when playing sports. You want to make sure you are giving them the best opportunity to play their game.

By working with healthcare providers, the majority of athletes of all ages can safely enjoy the benefits of sports. Make sure that your child is ready for the upcoming sports season.



SOURCES:

- Thompson, D. (ed). Preparing for Fall Sports. ACSM Fit Society Page. Summer 2009.

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