



FAQs

Q1. What is the purpose of a PPPE?

Ans: The purpose of the PPPE is to identify athletes that may be at risk for further injury or illness and to refer these athletes for additional medical evaluation prior to allowing them to participate. The specific purposes include the following:

- A. To identify athletes at risk of sudden death
- B. To identify medical conditions that may require further evaluation and treatment before participation
- C. To identify orthopedic conditions that may require further evaluation and treatment, including physical therapy, before participation
- D. To identify at-risk adolescents and young adults who are at risk for substance abuse, STDs, pregnancy, violence, depression, and so on
- E. To satisfy legal requirements of athletic governing boards

Q2. Why is a sports physical important?

Ans: A sports physical can help to find out about and deal with health problems that might interfere with one's participation in a sport. For example, if someone has frequent asthma attacks but is starting forward in soccer, a doctor might be able to prescribe a different type of inhaler or adjust the dosage so that he can breathe more easily when he runs.

Q3. Why is specificity an important principle in physical training?

Ans: Specificity is an important principle in strength training, where the exercise must be specific to the type of strength required, and is therefore related to the particular demands of the event. The coach should have knowledge of the predominant types of muscular activity associated with his/her particular event, the movement pattern involved and the type of strength required. Although specificity is important, it is necessary in every schedule to include exercises of a general nature (e.g. power clean, squat). These exercises may not relate too closely to the movement of any athletic event but they do give a balanced development and provide a strong base upon which highly specific exercise can be built.

Q4. What is a pre-participation exam?

Ans: The pre-participation physical examination (PPPE) is an important step toward safe participation in organized sports. The purpose of the PPPE is not to disqualify or exclude an athlete from competition, but rather to help maintain the health and safety of the athlete in training and competition.

Q5. What is sports performance training?

Ans: Sports performance training simply put is a type of training that is designed to improve one's fitness level for the purpose of improving one's ability to perform a given sport.

Q6. Why do people get involved in physical activity?

Ans: People get involved in exercise for a number of reasons:

- A. to improve their health and physical condition,
- B. to achieve a sporting ambition,
- C. to relieve the tension and stress of daily life, and
- D. to lose weight, it makes them feel good.

Participating in sport encourages co-operation in team sports, develops the element of competitiveness, provides a physical challenge and the opportunity to meet new people and make new friends.