

Sports as a Fitness Activity?

Playing sports is a great way to have fun, decrease stress, and improve aspects of your fitness, but it should not be your only fitness pursuit. Physical Fitness consists of several components ([see fitness page](#)). Improvements in all of these components improves health and fitness. Improvement in an ability of a sport on the other hand may not improve all all aspects of your fitness.

Example: Improvement in golf, running, tennis, etc may improve some of the components of fitness, but not all. Therefore, you should follow a general fitness program with an addition of sport specific exercises, along with your sport for overall health and fitness. **Generally speaking improvement in physical fitness will tend to improve capacity and ability in most sports. That is why most athletes follow a strength and conditioning program.**

I must stress if you are going to play a sport that carries higher risk condition your body for it. [See our Athletic Conditioning Coaching Program.](#)

An article at [VeryWell.com](#) suggest some of the safer sports. **The activities listed in the article are some with high calorie expenditure: Cycling, Racquetball/Squash, Golfing (walking course), Rowing, Paddle Sports, Lap Swimming, Court Games.**

USE JUDGEMENT AND GOOD FORM WHEN PLAYING ANY SPORT. I UNDERSTAND SOMEONES DESIRE TO DO SPORTS. I AM THOUGH VERY CONCERNED WITH PARTICIPANT'S LONG TERM JOINT HEALTH DUE TO THE CONTACT AND EXPLOSIVE NATURE OF MOST SPORTS.

Here is the list from the least to most injuries in sports, along with the average number of injuries each year between 2002-14 amongst High School Athletes

20. **Bowling:** An average of 764 injuries each year.
19. **Rugby:** 1,214. SURPRISING
18. **Field hockey:** 1,825.
17. **Tennis:** 1,915.
16. **Skiing:** 4,752.
15. **Ice skating:** 4,999.
14. **Horseback riding:** 5,581.
13. **Lacrosse:** 5,830.
12. **Track and field:** 8,194.
11. **Weight lifting:** 8,921.
10. **Snowboarding:** 9,608.
9. **Ice hockey:** 12,336.
8. **Volleyball:** 14,304.
7. **Softball:** 18,119.
6. **Wrestling/boxing/martial arts:** 18,174.
5. **Gymnastics/cheerleading/dance:** 22,671.
4. **Baseball:** 27,208.
3. **Soccer:** 45,475.
2. **Football:** 118,886.
1. **Basketball:** 119,589.