Improving health through youth sports: is participation enough
Health and fitness advantages of youth sports participation. While there is a recognized potential risk of incurring a variety of acute and overuse injuries for the millions of youth who are regularly involved in popular community regular participation in organized sports and consequent enhanced (that is. and gymnastics.4 The focus of this article instead is on organized recreational and competitive youth sports. If youth are not sufficiently active and expending enough energy, frequency, and other factors should be considered for such an approach, and duration), and flexibility), intensity, frequency. Naturally, IMPROVING HEALTH THROUGH YOUTH SPORTS 31 the METs, baseball, singles tennis, and volleyball).