

Proposal for Educational Topic Presentation:

TITLE:

Treating the Young Athlete: Evidence for Exercise Prescription.

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Purpose: To describe the physiology of muscle performance in the young athlete and present criteria for exercise prescription to achieve optimal outcomes. **Description:** The young athlete requires specific strengthening and motor control education to achieve performance targets, reduce the risk of injury, and assure long term durability in sport. Desired training effects and athlete safety depend on using the right activities, in the right way, at the right time. This session presents evidence for the manipulation of exercise variables to achieve endurance, strength, and power toward peak performance in both physical therapy and sport. **Summary of Use:** Participants will be able to use this knowledge to inform the training and clinical management of pediatric athletes. **Importance:** There remains a lack of clarity among health care providers and community based sports programs regarding proper training methods for young athletes. The number of pediatric sports injuries remains high despite awareness of the problem. Clinicians require evidence- informed, pediatric specific, knowledge for selecting and dosing training efforts. The clinician will be better prepared to provide direct patient care for athletes and to educate the community regarding training efforts that improve sports performance and reduce the risk of injury in the pediatric population.