

# Sport

The aim is to develop an age-appropriate definition of [sport](#) and [exercise](#) in [children](#) and [adolescents](#) for use in [concussion management](#) and [concussion research](#).

A modified [Delphi](#) methodology, with three rounds and [consensus](#), defined a priori as  $\geq 80\%$  agreement.

Thirty-one participants (13 male, 18 female) from 13 countries, including clinical psychologists, epidemiologists, implementation scientists, neurologists, neuropsychologists, neurosurgeons, pediatric emergency physicians, pediatricians, physiotherapists, rehabilitation physicians, speech-language pathologists, and sports medicine physicians came to a consensus that sport-related pediatric concussion extends beyond the sporting arena, and includes the school yard, playground, park, street, recreational site, and home; excludes non-accidental violence, assault, and passenger vehicle road trauma; may include falls; and age-group terminology includes Toddlers and Young Children (1-4 years), Children (5-12 years), and Adolescents (13 to < 18 years). Sport and exercise categories and individual examples are provided.

This consensus [definition](#) of sport and exercise in pediatrics for concussion research and management will enable researchers and guideline development groups to expand pediatric concussion research and management guidelines to encompass the broad range of activities commonly associated with sport- and exercise-related concussion in children and adolescents and thus limit exclusion of relevant studies from systematic reviews and guideline development <sup>1)</sup>.

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The [study](#) provides a much-needed standardized definition of sport and exercise in pediatric concussion research, ensuring that relevant activities are included in future guidelines—however, the lack of empirical validation and potential overgeneralization warrant further investigation. Future research should focus on testing this definition in real-world concussion management and surveillance programs. Additionally, addressing socioeconomic and cultural variations in how children engage in exercise and play could enhance the definition's applicability across diverse [populations](#)

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Sport (UK) or sports (US) are all forms of usually competitive physical [activity](#) or games which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators.

Usually the contest or game is between two sides, each attempting to exceed the other. Some sports allow a tie game; others provide tie-breaking methods, to ensure one winner and one loser. A number of such two-sided contests may be arranged in a tournament producing a champion. Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs. Hundreds of sports exist, from those between single contestants to those with hundreds of simultaneous participants, either in teams or competing as individuals. In certain sports such as racing, many contestants may compete, each against all with one winner.

# Sport-Related Concussion

[Sport-Related Concussion](#).

## Spine Patient Outcomes Research Trial

[Spine Patient Outcomes Research Trial](#) (SPORT).

<sup>1)</sup>

Davis GA, Anderson N, Babl FE, Ballard DW, Barlow KM, Barrett MJ, Beauchamp MH, Borland ML, Bressan S, Crowe L, Chong SL, Corwin DJ, Dalziel SR, Emery CA, Fauteux-Lamarre E, Gioia GA, Haarbauer-Krupa J, Kirkwood MW, Löllgen RMC, Master CL, McKinlay A, Olver J, Mintegi S, Pavlicich V, Purcell L, Raman R, Rino P, Suskauer SJ, Shavit I, Tavender EJ, van Ierssel J, Yeates KO, Zuckerman SL, Anderson V. International Consensus Definition of 'Sport & Exercise' in Toddlers and Young Children, Children, and Adolescents. *Acta Paediatr*. 2025 Feb 17. doi: 10.1111/apa.70013. Epub ahead of print. PMID: 39962915.

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