



**Figure.** Classification of sports. This classification is based on peak static and dynamic components achieved during competition; however, higher values may be reached during training. The increasing dynamic component is defined in terms of the estimated percentage of maximal oxygen uptake ( $Vo_{2max}$ ) achieved and results in an increasing cardiac output. The increasing static component is related to the estimated percentage of maximal voluntary contraction reached and results in an increasing blood pressure load. The lowest total cardiovascular demands (cardiac output and blood pressure) are shown in the palest color, with increasing dynamic load depicted by increasing blue intensity and increasing static load by increasing red intensity. Note the graded transition between categories, which should be individualized on the basis of player position and style of play. \*Danger of bodily collision (see Table for more detail on collision risk). †Increased risk if syncope occurs. Modified from Mitchell et al<sup>3</sup> with permission. Copyright © 2005, *Journal of the American College of Cardiology*.