

## Classification of sports

Increasing Static Component ↑ <b>III. High</b> (>50% MVC)	Bobsledding/Luge*†, Field events (throwing), Gymnastics*†, Martial arts*, Sailing, Sport climbing, Water skiing*†, Weight lifting*†, Windsurfing*†	Body building*†, Downhill skiing*†, Skateboarding*†, Snowboarding*†, Wrestling*	Boxing*, Canoeing/Kayaking, Cycling*†, Decathlon, Rowing, Speed-skating*†, Triathlon*†	
	<b>II. Moderate</b> (>20-50% MVC)	Archery, Auto racing*†, Diving*†, Equestrian*†, Motorcycling*†	American football*, Field events (jumping), Figure skating*, Rodeoing*†, Rugby*, Running (sprint), Surfing*†, Synchronized swimming†	Basketball*, Ice hockey*, Cross-country skiing (skating technique), Lacrosse*, Running (middle distance), Swimming, Team handball
	<b>I. Low</b> (<20% MVC)	Billiards, Bowling, Cricket, Curling, Golf, Riflery	Baseball/Softball*, Fencing, Table tennis, Volleyball	Badminton, Cross-country skiing (classic technique), Field hockey*, Orienteering, Race walking, Racquetball/Squash, Running (long distance), Soccer*, Tennis
	<b>A. Low</b> (<40% Max O <sub>2</sub> )	<b>B. Moderate</b> (40-70% Max O <sub>2</sub> )	<b>C. High</b> (>70% Max O <sub>2</sub> )	

Increasing Dynamic Component →

Mitchell, J. H. et al. J Am Coll Cardiol 2005;45:1364-1367