

# The Myths and Misconceptions of Playing Sports with Asthma Coaches' Educational Workshop

Presented by Healthy Hoops coaches and  
Maureen George Ph.D., R.N., AE-C, FAAN, asthma educator



## Background

Asthma is a leading cause of childhood morbidity. According to the CDC, in 2008, children ages 5 – 17 years with at least one asthma attack in the previous year missed over 10 million school days. Nearly 60 percent had at least one absence, making asthma the leading cause of school absenteeism attributable to a chronic medical condition.

More than 5 percent of children with asthma experience activity limitation, and uncontrolled asthma is associated with low rates of gym and athletic participation. Children with asthma are also much more likely to be overweight or obese. This program is designed to provide gym teachers, coaches and athletic trainers with evidence-based recommendations for including children with asthma in physical activity.

## Training overview and goal

The goal of this program is to highlight the key components of national asthma, obesity and exercise guidelines to encourage school-aged children with asthma to participate more fully in gym classes and organized sports programs.

## Training objectives

Upon completing this training session, participants will be able to:

1. Identify trends in asthma and obesity.
2. Describe the risk factors associated with asthma, obesity and exercise-induced asthma.
3. Compare and contrast the goals of controlled asthma with the signs of uncontrolled asthma.
4. Discuss triggers of asthma.
5. Identify when a child with asthma should not exercise.
6. Respond correctly to the signs of worsening asthma in the setting of gym class or a sports event.

## Target audience

- Coaches.
- Athletic trainers.
- Gym teachers.
- Recreation center staff.
- Health teachers.



# About Healthy Hoops



Since 2003, Healthy Hoops has been helping children and their families learn how to better control their children's asthma and otherwise adopt healthy lifestyles.

The program's goal is to help children with uncontrolled asthma, and their families, manage their disease day to day. That includes learning how to exercise safely, avoiding triggers, and taking medicine just as directed.

To date, thousands of children and families have benefitted from this award-winning program and its related training for coaches and school nurses.

**For more information, contact us at:**  
**[info@amerihealthcaritaspartnership.org](mailto:info@amerihealthcaritaspartnership.org)**  
**1-888-674-8780**  
**[www.amerihealthcaritaspartnership.org](http://www.amerihealthcaritaspartnership.org)**



AMERIHEALTHCARITAS  
PARTNERSHIP