

Table 5. Sports Ratings by Activity

Activities have been divided into five ratings:



Activity

- Inline Skating
- Jet Skiing
- Jumping Rope
- Kayaking
- Lacrosse
- Martial Arts – Karate/
Kung Fu/Tae Kwon Do
- Martial Arts/Tai Chi
- Motorcycling/ Motor Cross Racing
- Mountain Biking
- Pilates
- Power Lifting
- Racquetball
- River Rafting
- Rock Climbing (Indoor/Challenge Course)
- Rock Climbing (Natural Setting)
- Rodeo
- Roller-skating
- Rowing/Crew
- Rugby
- Running and Jogging
- Scooter (motorized)
- Scooter (non-motorized)
- Scuba Diving
- Skateboarding
- Skiing/Cross Country
- Skiing/Downhill
- Skiing/Telemark
- Snorkeling
- Snowboarding
- Snowmobiling
- Soccer
- Softball
- Surfing
- Swimming
- T-Ball
- Tennis
- Track and Field
- Trampoline
- Volleyball
- Walking
- Water-skiing
- Weight Lifting/Resistance Training
- Weight Lifting/Power Lifting
- Wrestling
- Yoga

Category

