

Extreme Sports

1. Introduction
 - a. Definition of Extreme Sports
 - b. Examples of Extreme Sports
2. Surfing
 - a. Risk Factors for injury
 - b. Injury rate compared to other sports
 - c. Most common injuries
3. Skateboarding
 - a. Popularity
 - b. Significant risks in children
 - c. Head trauma
4. Snow Skiing and Snowboarding
 - a. Popularity
 - b. Relative injury rate
 - c. Common injuries in each
 - i. Different fall mechanics
 - d. Head trauma
5. Motocross
 - a. Injury rate
 - b. Common injury locations
 - c. Spine injuries
 - i. Significant risk of permanent neurologic damage
 - d. Head trauma
 - e. On-site evaluation pearls
6. Airborne Sports
 - a. Skydiving
 - i. Injury rate
 - ii. Increased safety with improved technology
 - b. BASE Jumping
 - i. Definition
 - ii. Injury/mortality rate
7. Conclusion
 - a. Increasing popularity
 - b. Injury rate comparable to other sports
 - c. Importance of protective equipment