

Recommendations for the Acceptability of Recreational (Noncompetitive) Sports Activities and Exercise in Patients with Hypertrophic Cardiomyopathy

Low Intensity Activities (<4 METS)		
Bowling	5	Probably Permitted
Golf	5	Probably Permitted
Horseback Riding	3	Intermediate
Scuba Diving [†]	0	Not Advised
Skating	5	Probably Permitted
Snorkeling [†]	5	Probably Permitted
Walking (brisk pace)	5	Probably Permitted
Weights (machine)	4	Probably Permitted

Moderate Intensity Activities (4-6 METS)		
Baseball/Softball	2	Intermediate
Biking (light)	4	Probably Permitted
Hiking (light)	4	Probably Permitted
Hiking (modest)	3	Intermediate
Jogging	3	Intermediate
Motorcycling*	3	Intermediate
Sailing [†]	3	Intermediate
Surfing [†]	2	Intermediate
Swimming (lap)	5	Probably Permitted
Tennis (doubles)	4	Probably Permitted
Treadmill/Stationary Bike	5	Probably Permitted
Weightlifting (freeweights)*	1	Not Advised

High Intensity Activities (>6 METS)		
Basketball		
Full Court	0	Not Advised
Half Court	0	Not Advised
Body Building*	1	Not Advised
Cycling (higher intensity)	0	Not Advised
Ice Hockey*	0	Not Advised
Racquetball/Squash	0	Not Advised
Rock Climbing*	1	Not Advised
Running (sprinting)	0	Not Advised
Skiing (downhill)*	2	Intermediate
Skiing (cross-country)	2	Intermediate
Soccer	0	Not Advised
Tennis (singles)	0	Not Advised
Touch (flag) Football	1	Not Advised
Windsurfing [†]	1	Not Advised

Grade	Recommendation
4-5	Probably Permitted
2-3	Intermediate
0-1	Not Advised/Strongly Discouraged

* These sports involve the potential for traumatic injury, which should be taken into consideration for individuals with a risk for impaired consciousness.

† The possibility of impaired consciousness occurring during water-related activities should be taken into account with respect to the clinical profile of the individual patient.

American Heart Association Scientific Statement: Recommendations for Physical Activity and Recreational Sports Participation for Young Patients with Genetic Cardiovascular Diseases. Published in *Circulation*, 2004; 109:2807-2816.