



## Academy of Vision and Learning, Integrated Vision Care

### Sports and Visual Skills

Sports	Visual Acuity (VA)	Dynamic VA	Eye movements	Eye/hand coordination	Binocular vision	Focus skills	Central/peripheral	Reaction time	Visual flexibility	Balance	visualization
Archery	4	1	3	5	2	3	5	1	1	5	2
Baseball (hit)	4	5	5	5	5	5	5	5	5	5	5
Baseball (pitch)	3	2	3	4	3	3	5	1	3	5	5
Basketball	3	3	4	5	5	3	5	5	5	5	5
Bowling	2	1	3	5	3	2	4	1	3	5	4
Boxing	2	2	5	5	3	3	5	5	5	5	4
Fencing	4	4	5	5	5	5	5	5	5	5	5
Quarterback	4	5	5	5	5	3	5	5	5	5	5
Golf	3	1	4	5	5	3	5	1	3	5	5
Gymnastic	1	3	3	5	5	3	5	5	5	5	5
Hockey Goalie	4	5	5	5	5	5	5	5	5	5	3
Pool	2	1	4	5	5	2	3	1	4	5	5
Race car driver	5	5	5	4	5	2	5	5	5	5	5
Racquetball	4	5	5	4	5	4	5	5	5	5	2
Running	1	1	2	1	1	1	4	3	1	5	4
Skiing	5	5	5	5	5	4	5	5	5	5	5
Soccer	3	4	5	5	5	3	5	5	5	5	5
Swimming	1	1	1	1	1	1	4	3	1	5	4
Tennis	4	5	5	5	5	5	5	5	5	5	5
High-jump	1	3	3	4	4	3	3	4	4	5	4
Pole-vault	1	3	3	5	5	3	4	4	4	5	5
Wrestling	2	1	1	3	2	1	3	5	5	5	4

Scale 1-5: 5. vital 4. very important 3. important 2. useful 1. Nonessential