

2. The FIMS draws attention to the role of sport and physical recreation in the prevention, amelioration and rehabilitation of cardiovascular, metabolic and degenerative disorders and to the particular importance of sport in counteracting the harmful effects of the sedentary way of life imposed by modern civilisation.
3. The FIMS stresses the importance of the study of biomechanics as the foundation upon which may be developed not only better physical performance but also the avoidance of injuries. The International Federation of Sports Medicine therefore seeks to encourage the study and teaching of biomechanics in all aspects of sports medicine.
4. The FIMS has considered all the available evidence relating to tests for the presence of anabolic steroids which are used by some sportsmen in attempts to increase body mass and strength, and concludes at the present time there is no practical effective method available for the detection and therefore control of these drugs. Further developments and technical refinements must be awaited before a ban in the use of anabolic steroids can effectively be enforced.
5. The programme of the Scientific Commission of the Federation will during the next few years study the role of sport in the prevention and treatment of disease and will involve retrospective multicentre studies of ex-Olympic athletes and of physical educationalists together with a long term prospective study of physical education students with a control group.  
In its work the Scientific Commission will involve research workers from all five continents and will be co-operating actively with the world Health Organisation and UNESCO.

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The FIMS met in General Assembly on 7th February 1974, in Melbourne:

1. Observing that the age of participants in high performance competition (particularly in some sports) is becoming progressively lower, the FIMS calls the attention of all sports organisations to the potential dangers of sustained extreme efforts to the health both physical and psychological of pre-adolescent children who are not yet sufficiently mature to sustain them and calls upon sports physicians throughout the world to participate in the study of the effects of intense competition in sport on pre-adolescent children.