

Characteristics and risk factors of sport injuries in physical education students

preliminary results

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Amsterdam University of Applied Sciences

CHARACTERISTICS AND RISK FACTORS OF SPORT INJURIES IN PHYSICAL EDUCATION STUDENTS: PRELIMINARY RESULTS

Bliekendaal, S.; van Beijsterveldt, A.M.C.; Richardson, A.; Stubbe, J.H.

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Introduction Sport injuries can have a major impact on the career of Physical Education (PE) students. They can lead to physical limitations, absence from sport classes and study delay. This study aims to investigate the magnitude of the injury problem and to explore the risk

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factors for sustaining an injury in PE students. Methods Dutch first-year PE students are followed during the academic year 2014-2015. Prior to the start of the academic year, all PE students underwent a sports medical exam, performed a maximal Interval Shuttle Run Test (ISRT) and filled in a baseline questionnaire. During the follow-up period students fill in an online questionnaire every 5 weeks for retrospective registration of time-loss injuries. Results In total, 292 students were included in this study (70% men and 30% women) with a mean age of 19.6 (± 2.1) years. During the first 15 weeks of the study 670 follow-up questionnaires were returned and 247 injuries were registered by 174 students (59%). Students reported on average 267 (± 205) minutes of extracurricular sporting time per week. On average, 690 minutes of intracurricular sport classes were scheduled. Preliminary results show an average time loss duration of 17 (± 17) days, with a range of 1-85 days and a median of 10 days. Most injuries occurred during intracurricular sport classes (56%) and were acute (64%). Injuries occurred most frequently during soccer (27%), gymnastics (23%), other activities (21%) and martial arts (6%). The most common localizations were knee (15%), ankle (15%), lower leg (12%) and lower back (9%). Significant risk factors for sustaining an injury are an injury in the previous year ($p < 0.01$) and an injury at the start of the academic year ($p < 0.01$). Other possible risk factors were not significantly associated with sustaining an injury: gender ($p = 0.06$), chronic illness ($p = 0.21$), age ($p = 0.43$), sporting hours prior to the start of the academic year ($p = 0.10$), ISRT score ($p = 0.44$ for men and $p = 0.42$ for women) and extracurricular sporting time ($p = 0.92$). Discussion The risk of sustaining an injury is high for first-year PE students and this can be considered as an extensive problem. Intracurricular sport classes are a substantial cause of sport injuries. Injuries most often involved the lower extremities. Important risk factors are an injury in the previous year and an injury at the start of the academic year. Contact s.bliekendaal@hva.nl