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Sport-Specific Typology of Injuries: Basis of Injury Prevention Program for School Athletes

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Abstract

Aim: This study aimed to explore the sports-specific typology of injuries as a basis for developing an injury prevention program for school athletes. The primary objective was to assess the occurrence of injuries experienced by athletes and evaluate their adherence to sports-injury prevention practices.

Methodology: A quantitative, descriptive-correlational research design was utilized to conduct the study at selected schools within the First Congressional District of Quezon. Respondents included teacher-coaches, trainers, and student-athletes, who were purposively chosen. Data were gathered using a validated, researcher-made survey questionnaire.

Results: Analysis of the collected data revealed that the respondents' description of the occurrence of injuries was rated "excellent." In terms of adherence to sports-injury prevention practices, respondents generally rated themselves "almost always" compliant. There was a significant negative correlation between the occurrence of injuries and adherence to equipment/facilities, with an r -value of -0.208 , and a significant positive correlation with training, with an r -value of 0.201 .

Conclusion: The study concluded that there is a significant relationship between the occurrence of injuries and adherence to sports-injury prevention practices. The hypothesis posited was not supported. Schools may use the findings to implement injury prevention programs as part of their sports interventions, and training and seminars for teachers on injury prevention are recommended. The study provides a foundation for a continuous project to minimize injuries during training and competitions.

Keywords: *Injuries, Sports-Injury Prevention Practices, Adherence, School Sports, School Athletes, Coaches/ Trainors*

INTRODUCTION

Participating in sports is commonly recognized as a fundamental aspect of both physical and mental wellness, frequently considered to be as essential to preserving health as oxygen (Singh, 2018). By improving cardiovascular function, controlling blood pressure and cholesterol, and lowering the risk of chronic illnesses like diabetes, heart disease, and cancer, sports have a major positive impact on general health. Sports are vital for mental health in addition to their physical benefits because they reduce stress, anxiety, and depression while promoting emotional equilibrium (Saxena, 2011; Singh, 2018; Davron, 2021). Around the world, sports are acknowledged for their capacity to advance social, emotional, and even financial stability in addition to health, which is consistent with the goals of institutions such as the United Nations (UN). Sports have long been highlighted by the UN as a means of promoting health, education, peace, and development worldwide.

Acknowledging the importance of sports, a number of governments have included physical education into their curricula, emphasizing young fitness and wellbeing in particular. The Department of Education (DepEd) in the Philippines is a key player in the advancement of fitness and physical education initiatives. Legislative actions like Executive Order 433, which modified Executive Order 81, gave DepEd authority over the administration of the national sporting event, Palarong Pambansa. Furthermore, the Sports Incentive Act (Republic Act No. 9064) and the Basic Education Act of 2002 (Republic Act No. 9155) emphasize the significance of including physical fitness in the curriculum. These programs demonstrate the nation's dedication to using its educational policies to promote a populace that is physically active and health-conscious (DepEd, 2009).



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Sports do, however, carry some risks on a local level. The growing number of sports injuries, especially among young athletes, is a serious worry as some of these instances necessitate surgical intervention (Ukogu et al., 2017). This increasing tendency necessitates the development of preventive strategies as well as a more sophisticated understanding of the reasons causing these injuries. Young people who sustain injuries can have long-lasting psychological impacts that could deter them from leading active lives in the future.

Addressing these challenges demands a comprehensive approach, as emphasized by Bolling et al. (2018), who propose for a socioecological approach to injury prevention. They offer a multi-tiered approach that begins at the individual level, with athletes' beliefs, perceptions, and attitudes playing an important part in injury prevention. The next level addresses social and cultural impacts on sports, followed by the organizational level, where sporting associations oversee event policies, governance, and funding. Finally, government regulations, socioeconomic considerations, and the broader care structure all help to prevent injuries on a nationwide scale.

In a more recent study, Van Tiggelen et al. (2008) stated that, while van Mechelen's model for performing preventative steps in response to sports injuries has been extensively adopted, further validation is required to ascertain the true effectiveness of these strategies. As a result, a revised version of the model has been presented, which includes extra phases to account for external factors influencing the success of preventative measures. This new methodology takes into account critical factors such as an individual's compliance, risk-taking behavior, and views of stakeholder efficacy, resulting in a more comprehensive framework. This helps physicians, coaches, and management better understand and implement injury prevention techniques.

In the Philippines, where athletics are a fundamental part of the educational system, safeguarding student-athletes' health and safety is critical. The study's goal is on developing a sport-specific injury prevention program based on athlete experiences, which will be correlated with adherence to existing injury prevention methods. This method can ensure the long-term sustainability of sports participation, particularly among young people, so contributing to a healthier, more active society.

Objectives

This study aimed to identify sport-specific typology of injuries among school athletes leaning towards their adherence in the conduct sport-injury prevention practices.

To come-up with a proposed injury prevention program for school athletes, the following questions were answered:

1. How can the respondents describe the occurrence of injuries they experienced in connection to their sporting event?
2. What is the level of adherence of the respondents to sports-injury prevention practices in terms of:
 - 2.1. Behavior;
 - 2.2. Training;
 - 2.3. Equipment and facilities; and
 - 2.4. Rules, Regulations, and Policies?
3. Is there a significant relationship between the occurrence of different injuries experienced by the respondents and their adherence to sports injury practices as to:
 - 3.1 No. of times;
 - 3.2 Injury during training; and
 - 3.3 Injury during competition?
4. Based on the results, what sports-specific injury prevention program could be crafted to address the occurrence of injury in a specific sporting event engaged by the respondents?

Hypothesis

There is no significant relationship between the occurrence of injuries experienced by the respondents and their adherence to sports injury practices.

METHODS

Research Design

A descriptive-correlational research design was employed in this study, which is anchored on the nature, etiology, and management of sports injuries in specific sporting events. The study utilized a quantitative research method aimed at examining the occurrence of sports-specific injuries and adherence to sports-injury prevention practices.



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The descriptive research method was used to organize and analyze the data collected. This approach is directed toward understanding the nature of a situation as it exists at the time the study is conducted. A field survey was employed for data collection, using a mixed modality—both online and face-to-face—depending on the availability of the respondents.

Population and Sampling

In order to obtain valid and reliable results, a suitable sampling technique was employed to ensure an adequate number of respondents. A total of 350 respondents were selected from various schools, resulting in 29% representation, equivalent to 100 respondents. The selection process was conducted purposively. The respondents were then grouped according to the school they represented which shown in Table 1.

The respondents of the study cover the selected schools in District 1 in Quezon, Province.

Table 1. Distribution of the Respondents by School

School	Population	Actual Respondents	Percentage
Dr. Maria D. Pastrana National High School	75	25	30%
Manuel S. Enverga Memorial School of Arts and Trades	60	15	33%
Paaralang Sekundarya ng Lucban Integrated School	65	20	33%
Pagbilao National High School	75	20	27%
Talipan National High School	75	20	34%

Instrument

The questionnaire used in the survey to collect the necessary information for creating a sports-specific injury prevention program was developed by the researchers. The data gathered were divided into two categories. The first category focused on the occurrence of sports-specific injuries, with information collected from athletes, coaches, and trainers. This data was based on records, observations, and personal experiences regarding the number of times injuries occurred, injuries during training, and injuries during actual competitions. The second category assessed sports injury prevention practices, considering both internal and external factors affecting athletes. Internal factors include the athlete's beliefs, attitudes, and perceptions, while external factors include training, equipment, and rules and regulations.

Data Collection

The data was collected, examined, and analyzed in accordance with the study's objectives and research protocols.

Treatment of Data

The following statistical tools were used to gather data, which served as the basis for the analysis and interpretation of results. Frequency was used to determine how often injuries occurred during sporting events by considering the number of times they happened. This provided insights into the occurrence and prevalence of injuries. Standard deviation was also utilized to assess the variability of respondents' answers in the questionnaire, which described the occurrence of different injuries and their adherence to sports-injury prevention practices. Additionally, the mean was used to evaluate the respondents' level of adherence to sports-injury prevention practices in terms of behavior, training, equipment/facilities, and rules, regulations, and policies. Moreover, Pearson's r , or Pearson's Correlation Coefficient, was used to determine the significant relationship between the occurrence of various injuries experienced by the respondents and their adherence to sports-injury prevention practices.

Ethical Considerations

The researchers diligently adhered to all ethical research protocols to safeguard the well-being and interests of all individuals and organizations involved in the study.



RESULTS and DISCUSSION

Table 2. Respondents Description on the Occurrence of Injuries Experienced

Injuries	mean	Std. deviation	Interpretation
Ankle Injuries			
No. of Times	1.36	0.61	Excellent
Injury During Training	1.74	0.44	Excellent
Injury During Actual Game	1.09	0.29	Excellent
Elbow Injuries			
No. of Times	1.04	0.24	Excellent
Injury During Training	1.13	0.34	Excellent
Injury During Actual Game	1.01	0.10	Excellent
Knee Injuries			
No. of Times	1.08	0.42	Excellent
Injury During Training	1.18	0.39	Excellent
Injury During Actual Game	1.03	0.17	Excellent
Leg Injuries			
No. of Times	1.13	0.42	Excellent
Injury During Training	1.19	0.39	Excellent
Injury During Actual Game	1.02	0.14	Excellent
Shoulder Injuries			
No. of Times	1.05	0.33	Excellent
Injury During Training	1.20	0.40	Excellent
Injury During Actual Game	1.02	0.14	Excellent

Legend: 0.00 – 4.49 (Excellent), 4.50 – 8.49 (Very Good), 8.50 – 12.49 (Good), 12.50 – 15.49 (Poor), 15.50 or more (Needs Improvement)

Table 2 presents the respondents' descriptions of the occurrence of injuries experienced.

The data provides information on different types of injuries (ankle, elbow, knee, leg, and shoulder) in a sports context. For each type of injury, three categories are considered: the number of times the injury occurred, injuries during training, and injuries during an actual game.

The statistics suggest that the frequency of injuries for each body part is relatively low, as indicated by means ranging from 1.04 to 1.36. The standard deviations, reflecting the variability of the injuries, are also relatively small, with values ranging from 0.10 to 0.61. In this case, the interpretation for all categories and types of injuries is "Excellent."

From the data, it can be deduced that ankle injuries are the most common among the typologies of sports injuries. This is because the ankle is the part of the body that absorbs shock and supports the entire body system. Ukogu et al. (2017), supported by the State of Victoria Department of Health, confirm that overuse, direct collisions, or the application of force greater than what the body can physically withstand are the main causes of sports injuries. Common injuries include bruises, sprains, strains, joint injuries, and nosebleeds. They also recommend consulting a doctor, as failure to address an injury can lead to far worse consequences.



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Overuse injuries occur due to the repeated application of excessive force on soft tissues (Christopher & Congeni, 2002). 2 decades - These injuries commonly affect young athletes because of poor technique, inadequate equipment, muscle imbalances, and physical weakness. This type of injury is frequent in the (a) elbows, (b) shoulders, (c) knees, (d) heels, and (e) back. Athletes participating in sports like tennis, baseball, swimming, gymnastics, and volleyball are more prone to overuse injuries. Excessive practice hours, early specialization, and participation in multiple sports are seen as common causes of these injuries (Heyworth, 2016).

Level of Adherence of the Respondents to Sports-Injury Prevention Practices

Table 3. Behavior

Indicators	Mean	Std. Deviation	Verbal Interpretation
Applying RICE (rest, ice, compression, elevation)	4.13	0.85	Almost Always
Avoiding over-doing routines beyond level of fitness	3.77	0.95	Almost Always
Getting hydrated enough before, during, and after game	4.00	0.74	Almost Always
Allowing adequate recovery time between sessions.	3.90	0.90	Almost Always
Being aware and Reporting symptoms or indications of injury	4.12	1.08	Almost Always
Over-all	3.98	0.92	Almost Always

Legend: 4.50 – 5.00 Always, 3.50 – 4.49, Almost Always, 2.50 – 3.49 Sometimes, 1.50 – 2.49 Almost Never 1.0– 1.49 Never

Table 3 highlights the level of adherence to sports-injury prevention practices concerning behavior.

Respondents rated all statements as "almost always." The statement "level of adherence to sports-injury prevention practices as to behavior" received the highest rating, with a weighted mean of 4.13, interpreted as "almost always." This was followed by "being aware and reporting symptoms or indications of injury," with a weighted mean of 4.12, also interpreted as "almost always," and "getting hydrated enough before, during, and after the game," with a weighted mean of 4.00, similarly interpreted as "almost always." The lowest-rated statements were "allowing adequate recovery time between sessions," with a weighted mean of 3.90, and "avoiding overdoing routines beyond the level of fitness," with a weighted mean of 3.77, both interpreted as "almost always." Overall, the indicators for adherence to sports-injury prevention practices in terms of behavior were rated "almost always," with an overall mean of 3.98.

The degree of commitment to sports-injury prevention methods was investigated in a study by Owoeye et al. (2019), with an emphasis on athlete behaviors. The researchers discovered that there was a considerable drop in injury rates in a variety of sports when players adhered strictly to injury prevention techniques like warm-ups, cool-downs, and workload monitoring. The athletes' comprehension of the advantages and the coaches' implementation of these techniques, however, determined the variation in adherence. Motivation, self-control, and perceived risk of injury were among the behavioral variables that were most important in predicting athletes' compliance with these injury prevention measures.

These results suggest that, in terms of behavior, respondents almost always demonstrate full knowledge and adherence to safety in sports and physical activity, which is a crucial prerequisite for continued participation in sports and for maintaining a healthy, physically fit body.



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Table 4. Training

Indicators	Mean	Std. Deviation	Verbal Interpretation
Warming up, stretching, and cooling down	4.72	0.60	Always
Using of proper technique, form, stances, and posture	4.24	0.73	Almost Always
Observing appropriate practice time/period during the day	4.19	0.79	Almost Always
Cross-training with other sports to ensure overall strength	3.49	1.21	Sometimes
Including appropriate speed and impact work	3.82	0.96	Almost Always
Over-all	4.09	0.97	Almost Always

Legend: 4.50 – 5.00 Always, 3.50 – 4.49, Almost Always, 2.50 – 3.49 Sometimes, 1.50 – 2.49 Almost Never, 1.0– 1.49 Never

Table 4 reveals the level of adherence to sports-injury prevention practices related to training.

The data shows that respondents rated "warming up, stretching, and cooling down" the highest, with a weighted mean of 4.72, which is interpreted as "always." This was followed by "using proper technique, form, stances, and posture," with a weighted mean of 4.24, interpreted as "almost always." Other items such as "observing appropriate practice time/period during the day" received a weighted mean of 4.19 ("almost always"), and "including appropriate speed and impact work" was rated with a weighted mean of 3.82 ("almost always"). The least-rated item was "cross-training with other sports to ensure overall strength," with a weighted mean of 3.49, interpreted as "sometimes."

Overall, the indicators for adherence to sports-injury prevention practices related to training were rated "almost always," with a general weighted mean of 3.82.

Based on the results, it can be inferred that warming up is considered the most crucial activity for preventing injuries, along with wearing appropriate gear, taping or strapping vulnerable joints, staying hydrated, cross-training, aligning training demands with the sport, using proper form and technique, incorporating cool-down exercises, and undergoing regular check-ups. Moreover, the lower rating for cross-training suggests that athletes tend to focus on training specific to their sport rather than diversifying their training regimen.

As Shatnawi (2022) concurred, overuse due to overtraining has been one of the most common causes of injuries, particularly in athletic events. The study sample consisted of 23 athletes, and the findings indicated that myorrhexis is the most frequent sports injury among jumping athletes in Amman, with knee joints being the most commonly injured anatomical sites. Overtraining was identified as the most frequent cause of sports injuries among these athletes.

Table 5. Equipment/Facilities

Indicators	Mean	Std. Deviation	Verbal Interpretation
Wearing the right shoes, gear, and functional equipment	4.32	0.89	Almost Always
Using proper sports protection and secured facility	4.27	0.76	Almost Always
Taping or strapping vulnerable joints	3.40	0.99	Sometimes
Utilizing proper training equipment / facility.	3.86	0.89	Almost Always
Ensuring conduciveness of playing facility	4.01	0.93	Almost Always
Over-all	3.97	0.95	Almost Always

Legend: 4.50 – 5.00 Always, 3.50 – 4.49, Almost Always, 2.50 – 3.49 Sometimes, 1.50 – 2.49 Almost Never, 1.0– 1.49 Never



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Table 5 displays the level of adherence to sports-injury prevention practices in relation to equipment/facilities.

The statements "Wearing the right shoes, gear, and functional equipment" (4.32) and "Using proper sports protection and secured facilities" (4.27) were both interpreted as "almost always." Additionally, the statements "Ensuring the conduciveness of the playing facility" (4.01), "Utilizing proper training equipment/facilities" (3.86), and "The DOH shall annually update its list of underserved areas, which shall be the basis for preferential licensing of health facilities and contracting of health services" (3.17) received varying levels of adherence. The lowest-rated item was "Taping or strapping vulnerable joints," with a weighted mean of 3.40, interpreted as "sometimes."

Overall, the indicators of adherence to sports-injury prevention practices related to regulations were rated "almost always," with a general weighted mean of 3.97.

Slauterbeck et al. (2019) highlights how crucial it is to use sport-specific gear, like helmets, protective gear, and appropriate footwear, to lower the chance of injury. According to the study, following these guidelines—especially using safety gear consistently—is crucial to reducing injuries sustained during practice and competition. But they also pointed out that a lot of athletes don't always use protective gear because it hurts or they don't know how important it is.

Furthermore, Steffen et al.'s research from 2021 examined the effect of training environments on athletes' adherence to injury prevention measures, emphasizing that safe, well-equipped facilities increase the likelihood of athletes following preventative protocols. They underlined how appropriate layout, surface materials, and equipment accessibility all contribute to improved athlete safety and reduced chance of injury.

The results suggest that respondents almost always adhere to sports prevention practices related to equipment and facilities. This is one of the key factors in maintaining an injury-free environment. Although most players are aware of the protective gear, they often do not use it during practice or competition. Poor sports facilities further increase the likelihood of injury. Injuries can have serious consequences for athletes, such as decreased performance, the inability to resume their sport, physical disability, and in some cases, even death. Therefore, it is crucial for both coaches and players to raise awareness about these serious hazards.

Table 6. Weighted Mean Distribution of the Respondents on the Sport-Specific Typology of Injuries on the Level of Adherence to Sport-Injury Prevention Practices as to Rules, Regulations, Policies

Indicators	Mean	Std. Deviation	Verbal Interpretation
Getting a physical examination prior to sport engagement	4.01	1.02	Almost Always
Considering medical history prior to sport engagement	4.02	0.96	Almost Always
Contacting/ Coordinating with health care professional	3.92	1.07	Almost Always
Maintaining a good level of overall fitness during off season	4.00	0.89	Almost Always
Developing overall fitness plans based on game expectation	3.85	0.99	Almost Always
Over-all	3.96	0.99	Almost Always

Legend: 4.50 – 5.00 Always, 3.50 – 4.49, Almost Always, 2.50 – 3.49 Sometimes, 1.50 – 2.49 Almost Never 1.0– 1.49 Never

Table 6 presents the level of adherence to sports-injury prevention practices concerning rules, regulations, and policies. The statements include: "Considering medical history prior to sport engagement" (4.02); "Getting a physical examination prior to sport engagement" (4.01); "Maintaining a good level of overall fitness during the off-season" (4.00); "Contacting/Coordinating with healthcare professionals" (3.92); and "Developing overall fitness plans based on game expectations" (3.85). Overall, the indicators for adherence to sports-injury prevention practices related to rules, regulations, and policies were rated as "almost always," with a general weighted mean of 3.97.

According to Rössler et al. (2018), preparticipation medical evaluations—which involve assessing medical history and doing physical tests before engaging in sports—play a crucial influence. According to the research, by



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recognizing health issues that may predispose athletes to injury, these preventive actions can considerably lower the chance of injury.

Herman et al. (2021) investigated the significance of working with healthcare experts and the role of keeping fitness during the off-season in another study. According to their research, athletes who maintain their physical fitness throughout the off-season are better equipped to control their expectations for games and avoid overuse injuries. Consistent with your findings, the study also showed that athletes who maintain regular touch with healthcare experts are better able to stick to fitness regimens customized to meet the demands of their particular sports.

Table 7. Relationship Between Occurrence of Injuries and Adherence to Sports Injury Practices

Injuries	Sport-Injury Prevention Practices			
	Behavior	Training	Equipment / Facilities	Rules, Regulations, Policies
No. of Times	0.007	0.201*	-0.208*	-0.105
Injury During Training	-0.008	0.068	-0.018	0.017
Injury During Actual Game	-0.051	0.061	-0.081	-0.016

***. Correlation is significant at the 0.01 level (2-tailed).*

**. Correlation is significant at the 0.05 level (2-tailed).*

The data revealed that most aspects of compliance show a moderate significance in relation to sports-injury prevention practices, particularly in terms of behavior and injuries during training, where all variables exhibit low or very weak significance.

Regarding the two variables, all indicators demonstrate moderate to weak correlations. However, among the parameters of sports-injury prevention practices, only behavior ($r = -0.008$), equipment/facilities ($r = -0.018$), and rules, regulations, and policies ($r = -0.016$) show no significant correlation with compliance at the 0.01 level.

McKay and Verhagen (2023) emphasize the relevance of adherence (rather than just compliance) to injury prevention measures in real-world sports situations. They propose that, whereas compliance demonstrates moderate associations with injury reduction, adherence in practice can have weaker but nonetheless significant impacts. This study examines how different levels of adherence to rules, facilities, and safety equipment affect injury outcomes in sports environments.

This suggests that sports-injury prevention practices have a moderate to weak relationship with injury occurrences. Therefore, there should be an intensified focus on strengthening interventions to provide quality safety services for players, ensuring a sustainable safety care program.

Conclusion

The data indicate that there is no significant relationship between the occurrence of sports injuries and respondents' commitment to injury prevention strategies. While responders usually followed recommended injury prevention behaviors, training procedures, and equipment/facility requirements, these actions had no significant correlation with the number of injuries. The most prevalent injuries were to the ankles, which are responsible for sustaining body weight and absorbing stress during physical exercise. Despite considerable commitment to prevention techniques, the findings indicate that these measures, notably in terms of behavior, equipment use, and rule adherence, had no meaningful impact on injury incidence. This highlights the complexity of injury prevention, suggesting that factors beyond adherence to practices, such as individual biomechanics or the nature of the sport, may play a larger role in injury occurrences.

Recommendations

Based on these findings, the study suggests: 1. Expand the study to include other congressional districts to ensure broader validation of the findings.; 2. Use the data to create sport-specific injury prevention programs for school athletes, which can serve as the cornerstone for injury-reduction interventions.; 3. To improve teacher-coaches' adherence to best practices, provide targeted training and seminars on injury prevention strategies. 4. Conduct similar studies across different sports to refine and enhance injury prevention efforts, ensuring that the measures are sport- and context-specific to reduce injuries during training and competition.



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