

Project Work Written Report

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Koh Zhi Wei Mervyn (3P1 14) [Leader]

Tan Chee Hin (3P1 25)

Tan Ming Shyan (3P1 26)

Tan Wee Yip (3P1 27)

Project ICE

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Abstract

The popularity of sports has been increasing in Singapore over the years. According to the 2015 Sports Index conducted by Sports Singapore, Singaporeans have been spending more time on doing sports in recent years when compared to previous years, with approximately 72% of teenage respondents indicating that they have been doing sports “regularly”. In secondary schools, students are also largely active in sports, with 84% of secondary school students aged 13 to 14 engage in sports “recently” during a survey conducted by Sports Singapore. Co-Curricular Activities (CCA) introduced by the MOE have also provided students a platform to take part in sports. As students do sports more frequently, their chances of getting injured increases as well (Lief, 2017.). However, as many as 70% of Singaporeans have admitted that they do not know basic first aid skills based on a survey conducted by Singaporean authorities (Ng, Yang, 2017). This means that many students who are injured have a low chance of receiving first aid due to a lack of knowledge. Therefore, Project ICE hopes to teach basic first aid so that they can help their friends if they are injured while doing sports.

1. Introduction

1.1 Rationale

There are more students seen doing sports around school during recess. However, it is inevitable that someone will accidentally trip and be injured. These injuries, if not treated quickly enough, could have serious repercussions. When encountering someone who is injured, many students do not know how to react as they have a lack of basic first aid skills.

1.2 Objectives

The objectives of Project ICE were to:

1. Educate teenagers in Singapore to identify common injuries that may happen while doing sports.
2. Teach teenagers in Singapore how to treat common injuries that may happen while exercising.

1.3 Target Audience

The target audience of Project ICE were Singaporean teenagers aged 13 to 16 who are actively involved in sports.

1.4 Resource

In order to meet the objectives of this project, the team created a learning package. The learning package included an educational online website and a card game.

2. Review

According to a report done by Channel News Asia, the rate of knee injuries went from 2.74 injuries per 100,000 youngsters in 2005 to 6.79 per 100,000 in 2015.

Sports Singapore has conducted the National Sports Participation Survey (NSPS), a study conducted among Singaporeans who are at least 15 years old. According to the survey, which has a sample size of 9000, the most enjoyable sports among teens are basketball followed by soccer and badminton. Furthermore, when asked what makes a sport more enjoyable, majority of them said it was because it helps them maintain health, bond in a group, as well as have fun in a group.

This shows that with the increasing rate of exercise among teenagers, the risk of injury would continue to increase. Currently, the first-aid resources available includes the St John's and Red Cross website. However, their website is too wordy and it is a hassle to look up an injury.

Therefore, our resource would be better as it allows the injured to efficiently treat for the injury before it gets worse. Their websites also provide information on how to treat and recognise various injuries. However, some of the injuries within their app include choking, which are fairly uncommon whilst exercising, whereas our learning package is more detailed and narrows it down to injuries related to exercise.

3. Methodology

3.1 Needs Analysis

In March 2018, the team has conducted a survey on 70 secondary school students from different secondary schools across Singapore, who take part in Sports CCAs. The purpose of this survey was to find out whether Singaporean teenagers know basic first aid to treat for common injuries caused by sports and to gather a list of common injuries that students have come across while doing sports. The figures below indicate the responses the team has obtained from the survey. From the results, we have concluded that most teenagers do not know how to react to injuries although they come across them quite often.

Figure 4.1

Figure 4.2

3.2 Website

The website comprises of tutorials, videos and quizzes. The tutorials were designed in a form of a step by step guide so that it is easy to understand. Videos were provided to serve as a visual aid for users. Quizzes were also created to allow users to test their first aid knowledge. The website can be found at <https://theepicgamertch.wixsite.com/projectice> .

3.3 Card Game

A card game was designed to allow players to improve their first aid knowledge in a fun and interesting way. The instructions of the card game can be found within the instruction booklet along with the card game. The card game can be obtained through members of the project.

Figure 4.3

3.4 Pilot Test

The team has conducted two pilot tests for the learning package. Groups of students were invited to look through the tutorials and videos before trying out the card game. Many of the participants have said that the tutorials were simple and easy to understand. However, due to the small amount of injuries, the card game become boring after a while. To solve this problem, the team has included more injuries to the learning package so that there would be a wider variety of injuries for users.

4. Outcome and Discussion

The learning package has already been spread to many students in sports CCAs and through our pilot tests, many of them have learned a lot in term of first aid from our learning package. The team felt that the project can help more teenagers if there is enough publicity. Thus, the team will try our best to spread our learning package to as many teenagers as possible so that more teenagers can be equipped with first aid knowledge. The team has considered making the learning package into an offline application so that it does not require internet. However, due to a lack of skills in that area, the team is unable to do so. The team will also try to expand the card game and add more features to the gameplay so that users can enjoy the game better. The team will also constantly update the website to introduce new content to users.

5. Conclusion

Project ICE was started in the first place because of all the members' passion to serve. The team hopes that through this project, more students can benefit and treat for injuries caused by exercise in the future. Initially, the team was criticized for lacking creativity and we could not seem to make the project more interesting. Thankfully, we brainstormed together and could design a completely original card game. From this project, all the team members managed to learn more about the dangers of doing sports and also greatly improved our first aid skills. The team has also learnt how to trust each other throughout the project, as it would not have been completed without everyone playing their part.

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