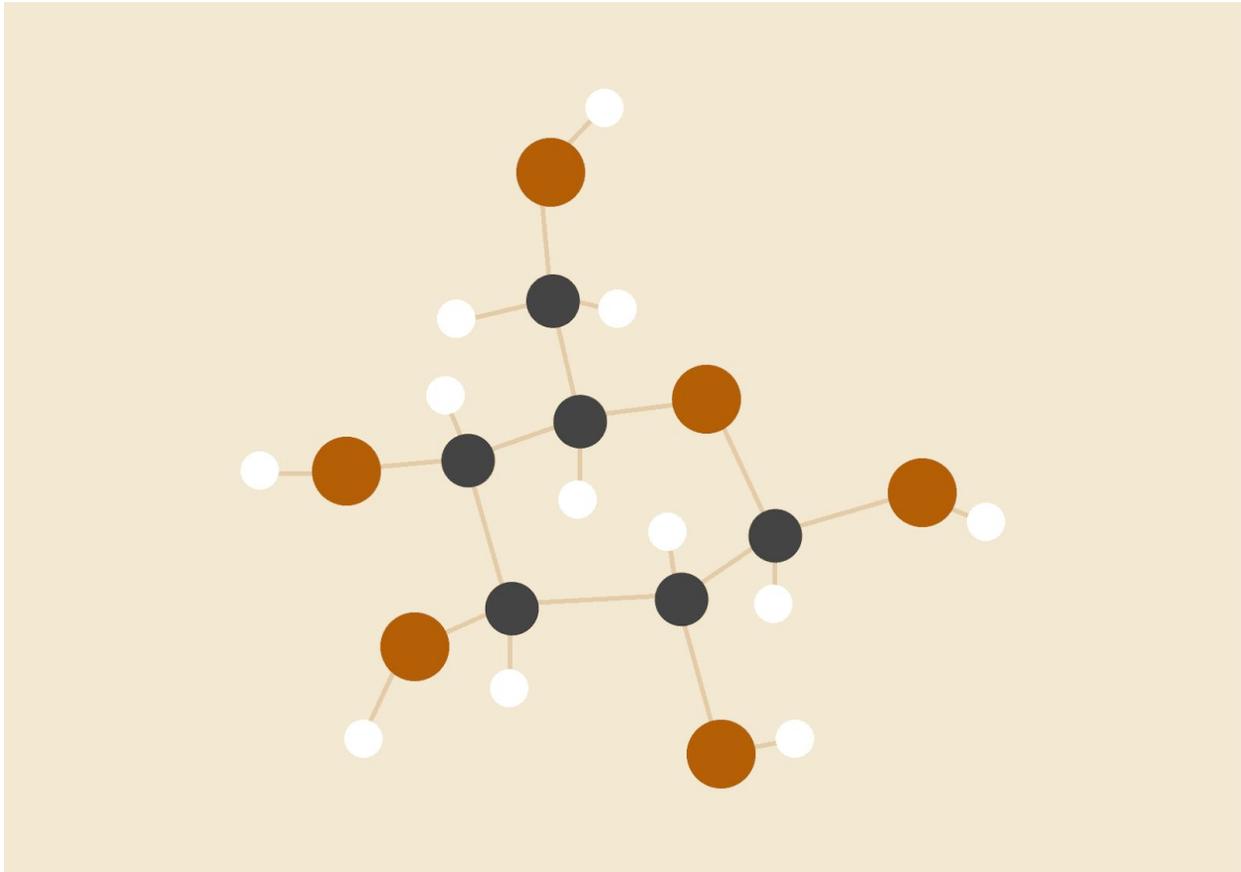


# END SPORTS INJURIES

*FINAL EVALUATION REPORT*



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## **ABSTRACT**

End Sports Injuries is an integrated, interactive and user-friendly website which aims to educate all student athletes on sports injury prevention and treatment therefore allowing the student athletes to be less prone to injuries and be able to treat simple injuries at home without having to consult a physiotherapist. All four of our group members are from sports CCAs. We are often injured during trainings and competitions but we have difficulties finding treatments to the injuries, we also observe students playing sports in an unsafe way such as not wearing the correct equipment for the sport which will make them more vulnerable to traumatic and long term overuse injuries. Hence we created a website which provides comprehensive information on how to prevent sports injuries in the aspects of attire, equipment used and environment played in. Secondly, it also includes information on how to treat simple injuries, their symptoms and common causes on each part of the human body. Since the students nowadays are more tech-savvy, the website makes it easily accessible for them to view on their handphones.

## **1 INTRODUCTION**

### **1.1 Rationale**

Sports injuries are common among student athletes, In U.S.A, more than 3.5 million injuries occur each year out of the 30 million children who participate in sports. And about a third of all injuries incurred in childhood are sports-related. However they have no resources on how to treat those injuries to refer to, furthermore the resources online often have limited information on those injuries.

### **1.2 Objectives**

The objectives of End Sports Injuries are to :

- help athletes reduce the chance of suffering an injury

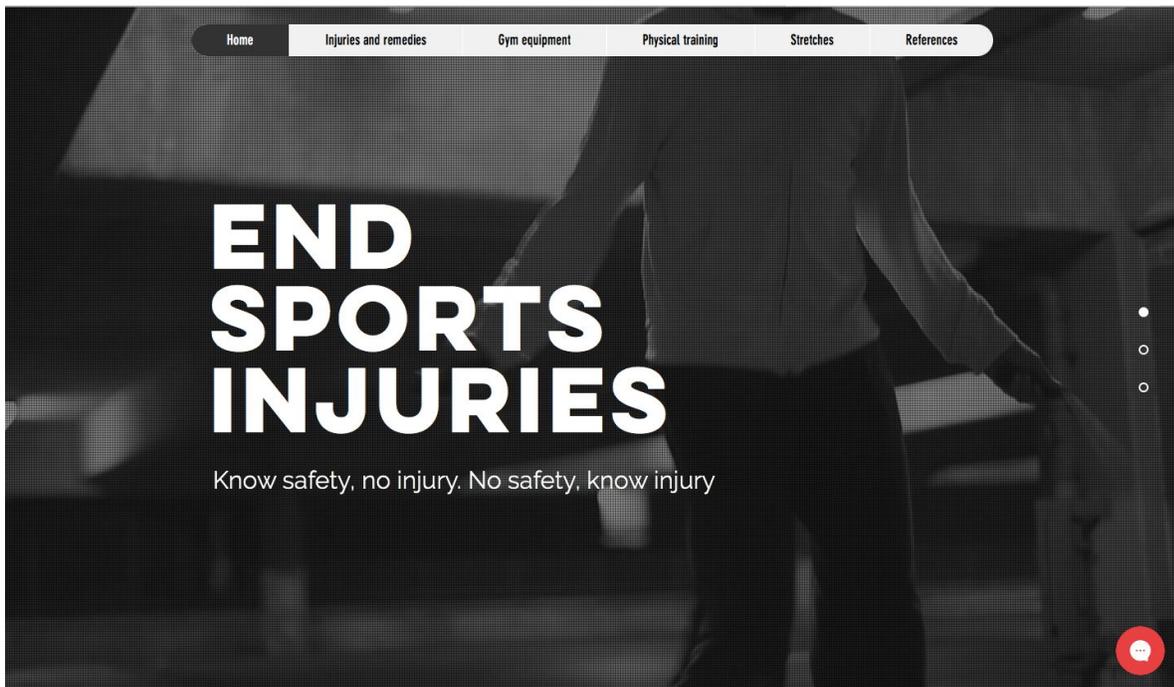
- educate athletes on injury prevention and treatment
- eEducate students to be capable of treating injuries at home

### 1.3 Target Audience

The target audience of End Sports Injuries is all student athletes.

### 1.4 Resources

The resource project is an integrated website created using Wix, comprising information on how to prevent sports injuries in the aspects of attire, equipment used and the playing environment. The interactive website includes information on how to treat simple injuries, their symptoms and common causes on each part of the human body. Also we have included videos on how to handle the gym equipment safely in school to better prevent sports injuries.



Screenshot taken from the website

## 2 REVIEW

Past year similar projects focused mainly on treatments for common injuries like abrasions and only included instructions on how to treat the injured area which are difficult to understand or to carry out. All past year projects have resources on injury prevention, and the information is difficult to locate as they are not sorted out in an orderly manner. Other commercial websites only include methods to prevent general sport injuries with no methods to prevent specific sport injuries.

### **3 METHODOLOGY**

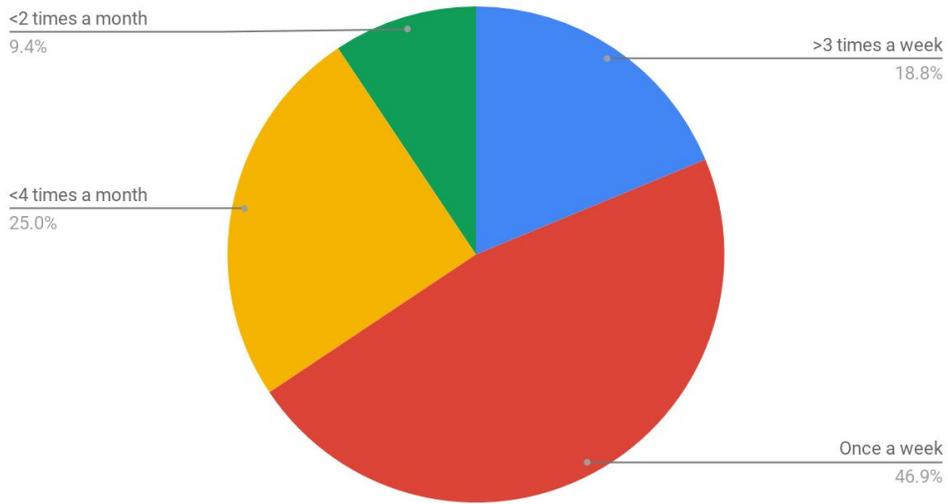
#### **3.1 Needs Analysis**

A needs analysis was conducted to ascertain the relevance of such a project. Firstly, a questionnaire was constructed to establish the respondents' position on their tendency of injuring themselves. The results show that out of the 124 respondents who are student athletes, they suffer an injury on the average of once per week ranging from traumatic injuries like abrasions and overuse injuries like Osgood Schlatter. We constructed a second questionnaire on the usefulness of a website containing information on injury prevention and treatment. Out of the 124 respondents, 75.3% of them said that the website will be useful. The results confirmed the feasibility of the project, proving useful for the student athletes.

#### **3.2 Survey Results**

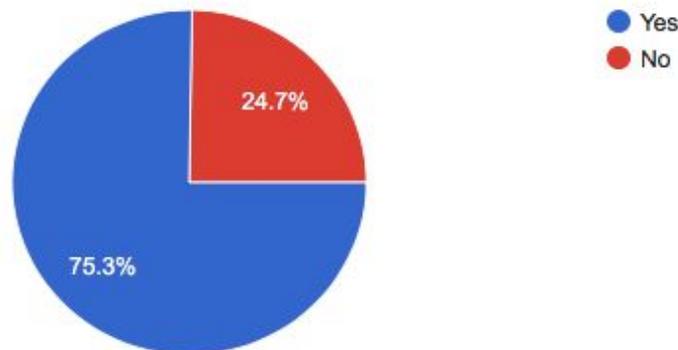
Would a website educating the prevention and treatments of those injuries be beneficial?

### Tendency of injuries



Results on tendency of sports injuries

Would a website educating the prevention and treatments of those injuries be beneficial?



### 3.3 Development of Resources

A review was carried on the various websites on sports injuries suffered on all parts of the body and information was collected from PE teachers as well. We then filmed videos

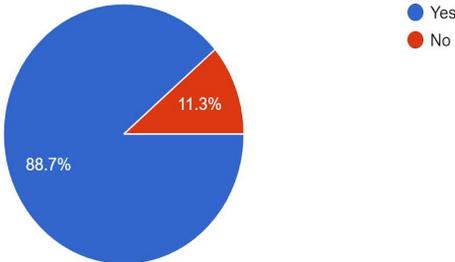
with professional personnel on how to handle the gym equipment. The information was then collated into the interactive website using Wix. Photographs and videos were also taken to provide visual support to the gallery. Then, methods to prevent sports injuries in the aspects of attire, equipment used and environment was implemented into the website. Finally, all these were uploaded onto the online platform and shown to the student athletes for their feedback.

### 3.4 Pilot Test

A pilot test was administered to 71 student athletes. A product demo was conducted where the online platform was shown and their views were sought. Recommendations from the people were incorporated into the fine-tuning of the online platform. Generally the feedback was positive and they all agreed that the website was useful in preventing and treating common injuries they suffer. This is especially crucial as this can prevent lots of future injuries they might suffer, and even if they suffer an unfortunate injury, they can apply the correct skills to treat their injuries using our website. This can significantly increase the athletes' performance and excel in their respective sports.

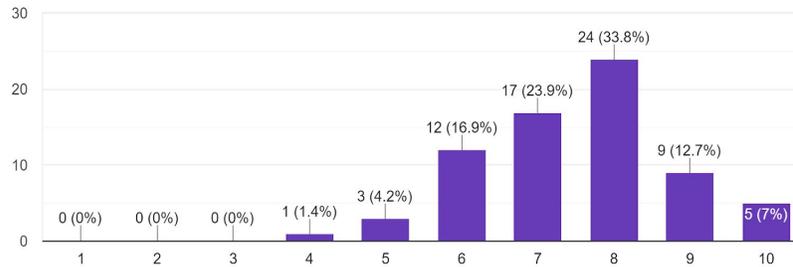
Are you more knowledgeable on how to treat injuries after using our website?

71 responses



On a scale of 1-10, how informative would you rate our website? (1 being the least informative and 10 being very informative)

71 responses



Screenshots of the survey results of the pilot test

## 4 OUTCOME AND DISCUSSIONS

After the Mid-Term evaluation, the judges suggested shifting the focus from injury treatment to injury prevention, we made changes and improvements to the website to END SPORTS INJURIES. Although the project obtained positive feedback when pilot-tested, there are limitations such as student athletes not being able to access the website when there is no internet connection. Thus future works can be done to extend the resource into an offline platform as a mobile app. The Offline Platform will reach out to students with smartphones serving as a convenient and concise guide for students to view the webpage anywhere they want, even if they do not have an Internet connection. Thus the student athletes can access the information anywhere conveniently and quickly in order to treat their injuries.

## 5 CONCLUSION

End Sports Injuries was a challenging project to undertake as it required many hours of tedious work to gather the information, capture the photos, collate the information as well as take the videos on the safe use of gym equipment. The whole resource developing process has enabled the group to develop many skills, such as finding new and creative ways to solve a problem or overcome challenges that we may face during the process. Although we were turned down a few times when we requested PE teachers

to help us with demonstrations on how to use the gym equipment safely, our patience and perseverance paid off as the gym instructor finally agreed to help us with the videos. Overall it is an enriching experience as we acquired new skills outside the classroom.

## **6 REFERENCES**

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