



Sports in Your Community

You're on a Quest!

Sports injuries occur just as everyday accidents do. They are accidents, which no one plans on and no one wants. However, it is possible to estimate the number of sports injuries that will potentially occur by using previous findings.



After watching the QUEST *Biomechanics of Sports*, you know that some sports tend to cause a large number of injuries. You will be conducting some research with your community recreation department. You will be estimating the number of injuries in one of your community recreation department's sports programs. You will also be finding out what records the community recreation department has on injuries in various sports programs.



A. On a national level, one in every three children involved in sports suffer a related sports injury yearly. Find out if you have similar injury rates in your community.

To do this, follow the steps listed below:

1. Find the number of children registered in a specific sports program through your community recreation department.
2. Estimate the number of injuries you think have occurred for that sport.
3. Compare your figures with those kept by the community recreation department.
4. Find out whether some community sports programs have involved more injuries than others. Which ones are they?

B. As a follow-up and extension, discuss with your community recreation department director (or other staff member) how they handle injuries and what safety measures they have in place.



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