

Factors Contributing to Sports Injuries among Senior High Schools in Ghana

Authors : Mawuli M. Sedegah, Emmanuel O. Sarpong, Ernest Y. Acheampong

Abstract : Sports injuries among student-athletes in high schools have become prevalent in most developing countries. The study explores the risk factors influencing sports injuries and identify those sustained among high schools' competitions in the Akuapem Municipality. Drawing on literature from sports injuries, 610 student-athletes were used to understand how they sustained various injuries during schools' sports and games. Using a cross-sectional survey, the study reveals how wounds, knee injury, muscle cramps, and thigh injury are common injuries in the municipality. The physiological factor was rampant, resulting from the number of games played by student-athletes, which significantly influenced sprain, strain, dislocation, and nose bleeding injuries among them. Results recorded a low correlation accounting for 9% occurrence of sports injuries in the Akuapem Municipality. Further study can be done in the other districts to have a general approach to remedy some of these sports injuries.

Keywords : common injuries, physiological factors, sports injuries, student-athletes

Conference Title : ICSIMPE 2020 : International Conference on Sports Injury Management and Performance Enhancement

Conference Location : Miami, United States

Conference Dates : March 12-13, 2020