Effectiveness of a Sports Injuries Program on Learning Outcomes (Knowledge and Skills) For Students in Faculty of Physical Education for Girls in Alexandria

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Abstract: This research aims at preparing a knowledge test and a manual of sports injuries to students in the Faculty of Physical Education for Girls in Alexandria and proposing a program to identify sports injuries with the use of specialist evidence, besides to determining its effectiveness on the learning outcomes for students in the second year through determining the effectiveness of the proposed curriculum on targets of the skills (applied side). The researcher used the experimental method because of its relevance to the nature of the study design using the same group. The research sample of 130 students was selected from students of the second year (178 students) in Faculty of Physical Education for Girls in Alexandria for the second semester of the academic year 2010-2011. The researcher concluded that the proposed sports injuries program using the media has proved its effectiveness with a high degree of learning outcomes (knowledge and skills). The researcher recommended applying the proposed program to learn sports injury because of its high effectiveness and positive impact on learning outcomes; organizing the curriculum in an integrated manner to aspects of learning (cognitive skills); doing further researches using technology to achieve the highest possible level for the prevention of injuries in various sports activities and to benefit from the proposed program using the network to learn the cognitive skills for sports injuries from a distance.

Key words: Injuries program %Learning Outcomes %Knowledge %Skills

INTRODUCTION

Good health is essential to human welfare and to sustained economic and social development. WHO's Member States have set themselves the target of developing their health financing systems to ensure that all people can use health services, while being protected against financial hardship associated with paying for them [1] and more than 2.6 million young people aged 10 to 24 die each year, mostly due to preventable causes. Promoting healthy practices during adolescence and taking steps to better protect young people from health risks is critical to the future of countries’ health and social infrastructure and to the prevention of health problems in adulthood.

In 2002, the UN General Assembly Special Session on Children recognized the need for the development and implementation of national health policies and programmers for adolescents, including goals and indicators, to promote their physical and mental health. An important framework for young people’s health is the millennium development goals (MDGs). Two of the MDGs are particularly relevant to young people’s health; the right of all young people to health is also enshrined in international legal instruments. In 2003, the Committee of the Convention on the Rights of the Child (CRC) issued a General Comment in which the special health and development needs and rights of adolescents and young people were recognized. These are further supported by the Convention on the Elimination of Discrimination against Women (CEDAW) and the Right to Health. Unintentional injuries are a leading cause of death and disability among young people. Road traffic injuries take the lives of a staggering 700 young people every day. Advising young people on driving safely, strictly enforcing laws that prohibit driving under the influence of alcohol and drugs and increasing access to reliable and safe public transportation can reduce road traffic...
accidents in young people. If road traffic crashes occur, prompt access to effective trauma care can be life saving and supporting countries with the formulation of policies and programmers, their implementation and monitoring and evaluation [2].

The American College of Sports Medicine stresses that in recent years of the twentieth century was marked by increasing the volume of sporting achievements, which helped to gain studies for the prevention of infections, as it aims to reduce the incidence of injuries to individuals. Also, it was showed that the injuries sports continues to increase due to the large numbers of practitioners of the sport on all levels and that sports not only needs for treatment and rehabilitation but needs to programs for the prevention and reduction of sports injuries that might be exposed, accounting for sports injuries one of the main obstacles that prevent the achievement of the millennium and has been community developed to study the nature of sports injuries to take action for the prevention and reduction of sports injuries with the observation that the incidence varies from one society to another depending on the economic and social variables [3]. More than 3.5 million kids 14 and under are treated for sports injuries each year, according to the American College of Emergency Physicians. The most common injuries include concussions, stress fractures, knee problems and overuse injuries; they are especially prevalent in young athletes who play the same sport year-round [4]. This agrees with results of prior studies [5-8].

The definition of preventing injuries is all the procedures and the means and measures taken during training or competitions for the purpose of preventing or reducing the incidence of infection and reduce the complications associated with if it happened and that the best way to avoid injuries is proposing preventive programs to the players at various levels and then treated if they occur, infection rates can be reduced by 25% if athletes took appropriate preventative action.

The consensus of the results of many studies [9-15] is to increase the proportion of sports injuries among young practitioner of the sport and they vary in severity and type and its complications by type of game practice and the most common injuries in the body of the knee and the hand, wrist, elbow, leg, head and neck and collarbone and that most injuries are bruises, cramps and fractures and the importance of strategies for the prevention of injuries and consistent results on the importance of university education in various fields have considered many of the communities, the essential foundation to bring about development and that the incidence of students of physical education affect the extent of its continuation in the program of the college and school performance, where it was noted that many of the injured students They delete the scheduled practical because of the injury, which is reflected raised for good performance and gain different experiences for students.

Faculties of Physical Education and the educational institutions specialized in the preparation of graduates of physical education, where depends on them in achieving the objectives of physical education, so must go their curricula according to the foundations and principles of working on community development, which requires effort and continue to develop the curricula of these colleges and methods of teaching. It is through the experience of the researcher in teaching the curriculum of sports injuries in Faculty of Physical Education for Girls, Alexandria University, noted the high rate of injuries among the students in the four grades and that the injury prevent them from participating in the practical lessons and not taking into account individual differences of students and that the curriculum content is organized in modules, continuity, sequence, integration and diversity in the ways and methods of teaching, but not using tests of cognitive and practical standards in evaluating the cognitive skills, which led to the low level of the results of students in sports injuries over the past years.

The researcher in the light of the analysis of the curriculum to the perception of a proposed program of sports injuries and re-organize the content in the modules and the use of multimedia in the teaching process and the development of standardized tests to help in the evaluation process. This called the researcher to conduct this study to develop proposals for the objectives, content, teaching methods, evaluation methods and being subjected to testing to identify the effectiveness of the proposed program of sports injuries to achieve the objectives commensurate with the students and helps to raise the level of their performance.

This Research Aims At:

C Preparation of knowledge test of sports injuries to students in the Faculty of Physical Education for Girls in Alexandria.
C Preparation of a manual sports injuries to students in the Faculty of Physical Education for Girls in Alexandria.
C Proposing a program to identify sports injuries with the use of specialist evidence and determining its effectiveness on the learning outcomes for students in the second year through determining the effectiveness of the program on the side of knowledge and the effectiveness of the proposed curriculum on targets of the skills (applied side).

Hypotheses:

C There are statistical significant differences between pre and post-measurement in the cognitive side of sports injuries for the second year students of the Faculty of Physical Education for Girls in Alexandria.

C There are statistical significant differences between pre and post-measurement of the practical skills for sports injuries for the second year students of the Faculty of Physical Education for Girls in Alexandria.

**MATERIALS AND METHODS**

The researcher used the experimental method because of its relevance to the nature of the study design using the same group. The research sample of 130 students was selected from students of the second year (178 students) in Faculty of Physical Education for Girls in Alexandria for the second semester of the academic year 2010-2011.

**Search Tools:**

C A poll of experts to identify the most important fundamental axes of sports injuries to students in the Faculty of Physical Education.

C Cognitive achievement test in sports injuries to get to know the effectiveness of the program to achieve the objectives of the cognitive domain (designed by the researcher).

C Directory of sports injuries to students in the Faculty of Physical Education.

C A program of sports injuries to students in the Faculty of Physical Education identified in the themes:

C Concept of sports injuries
C Musculoskeletal injuries:
C Bruises
C Cramp
C Muscle contraction
C Joint Injuries
C Injuries skeletal system (fractures).

**RESULTS AND DISCUSSION**

**First: Cognitive Test:** It is clear from Table 1 the presence of significant differences between pre and post-measurements of the cognitive test for the post-test for measuring the percentage of improvement ranging between 147.05% and 196.25%.

**Second: Skill Tests:** It is clear from Table 2 the presence of significant differences between pre and post-measurements of the skill test for the post-test for measuring the percentage of improvement ranging between 140.12% and 180.23%.

**DISCUSSION**

The results of Table 1 show the existence of statistical significant differences at 0.05 level between the pre and post-measurements in all components of the knowledge test (optional, right and wrong, as well as scientific term). Table 2 indicated the existence of statistical significant differences at level of 0.05 between the pre and post-measurements in all the skills. Those results are due to the impact of the proposed program of sports injuries and are consistent with the results of previous studies [9, 11-15] which resulted in draws the attention of workers in the field of sports that sports injuries have become a phenomenon. Despite the progress in the various medical sciences, sports follow the new methods of treatment and the use of the latest hardware and the provision of specialist doctors and staff.
specialists but sports injuries are still widespread and threatening the level of performance and a barrier to achieve the expected goals. This agrees with prior studies [5-7] that prevention of sports injuries is the most important aspect of exercise and depends on concerted efforts to increase fitness, avoid injury and prompt treatment of any injury and the preservation of the injured part and not moving it is one of the most important points for the prevention of injuries.

**CONCLUSION**

In light of the objectives of the research and through his questions and statistical treatments of the researcher reached the following conclusions:

C Effectiveness of the proposed sports injuries program using the media as it has proved its effectiveness with a high degree of learning outcomes (knowledge).

C Effectiveness of the proposed sports injuries program using the media as it has proved its effectiveness with a high degree of learning outcomes (skills).

**Recommendation:** In the light of the results, the researcher recommends the following:

C The application of the proposed program using the media to learn sports injury because of its high effectiveness and positive impact on learning outcomes.

C The organization of the curriculum in an integrated manner to aspects of learning (cognitive - skill).

C Further empirical research techniques using technology to achieve the highest possible level for the prevention of injuries in various sports activities.

C Benefiting from the results of current research include the proposed program using the media to different locations in the network to learn the information (cognitive - skill) for sports injuries from a distance.

**REFERENCES**


