



# THE PREVALENCE AND CHARACTERISTICS OF PHYSICAL ACTIVITY-RELATED INJURIES AMONG UNIVERSITY STUDENTS IN YEREVAN



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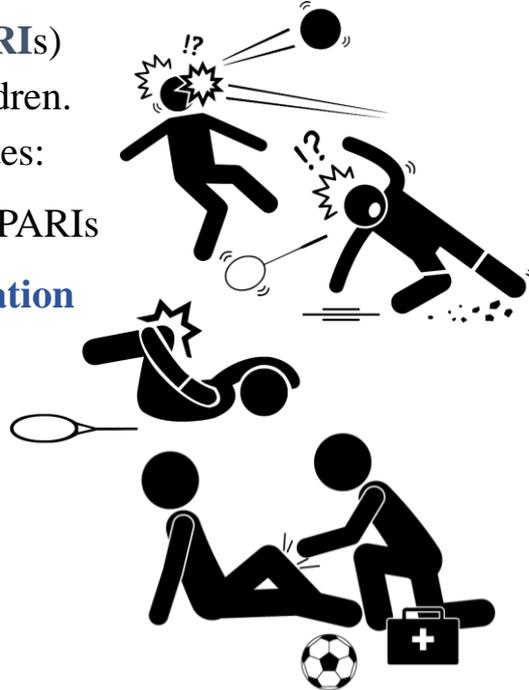
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Physical activity-related injuries (**PARIs**) are common in young adults and children. According to **2016 US** annual estimates:

- **8.6 million** 5-24 years olds sustain PARIs

Such events serve as **negative motivation** and often lead to:

- **abstinence** from exercise
- **refusal** of continuation
- **immobilization**
- **abandonment** of physical activities



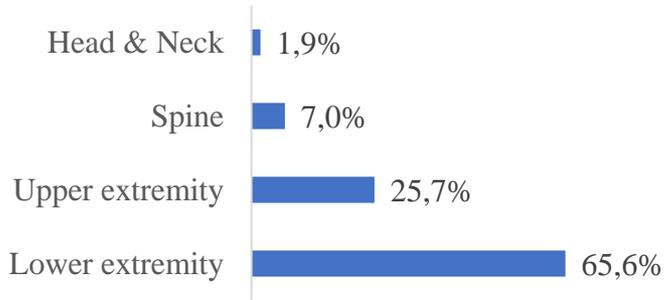
We aimed to evaluate the:

- **rates**
- **structure**
- **characteristics**
- **health-related consequences** of PARIs among **university students** of **Yerevan**, Armenia.

# A CROSS-SECTIONAL SURVEY

<b>391 Students</b> Age <b>21.7 ± 2.4</b> , <b>61.9 % ♂</b>	<b>YSMU</b> (medicine) <b>N = 98</b>	<b>ANAU</b> (agriculture) <b>N = 93</b>	<b>NPUA</b> (engineering) <b>N = 103</b>	<b>ASIPCS</b> (PE) <b>N = 97</b>	
	No between-group statistically sig. differences				<b>Stat. Sig.</b>
Regular physical activities	62.2%	61.3%	50.5%	95.9%	$p < .001$
sustained injury last year (32.7%)		36.1%		22.6%	$p = .032$
Regular coach supervision		42.0%		79.4%	$p < .001$

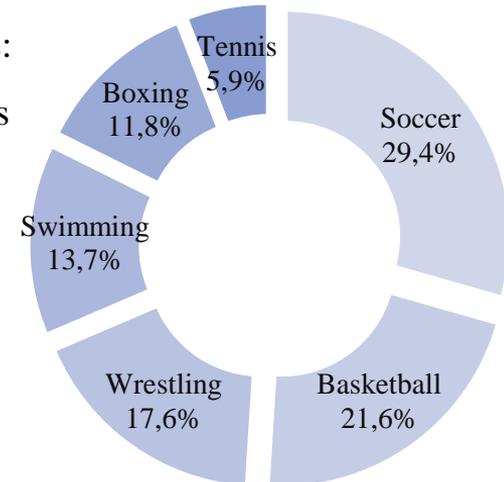
## Site of Injury



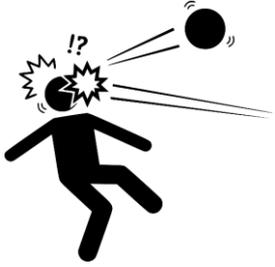
**71.4%** of injuries **required medical attention.** (16% vs 46%,  $p = .003$ ).

PARI rates significantly **lower** in students:

- performing **regular warm-up** exercises (22% vs 45%,  $p = .008$ ),
- using **protective gear** (12% vs 42%,  $p < .001$ ),
- being regularly **supervised** by a coach



# CONCLUSION



Importance of regularly practicing injury-preventive measures:

- ✓ regular performance of **warm-up exercises**
- ✓ use of designated **protective gear**
- ✓ being **supervised** by trained personnel



Provision of appropriate **resources** and **personnel** by the **authorities** is warranted toward establishment of **physical activity-friendly** environment in **universities** & uneventful student participation in sports

