



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



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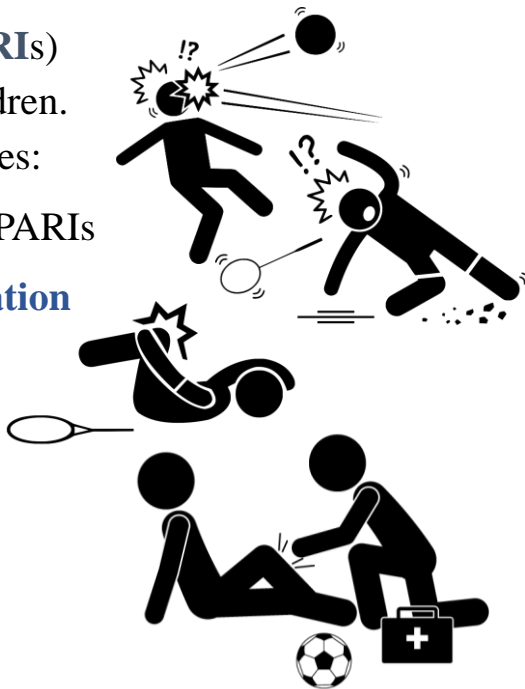
Physical activity-related injuries (**PARIs**) are common in young adults and children.

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:

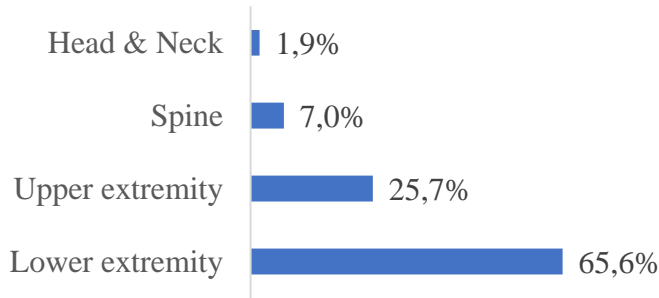
- **rates**
- **structure**
- **characteristics**
- **health-related consequences**

of PARIs among **university students** of **Yerevan**, Armenia.

A CROSS-SECTIONAL SURVEY

391 Students Age 21.7 ± 2.4 , 61.9 % ♂	YSMU (medicine) N = 98	ANAU (agriculture) N = 93	NPUA (engineering) N = 103	ASIPCS (PE) N = 97	
	No between-group statistically sig. differences				Stat. Sig.
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%	$p < .001$

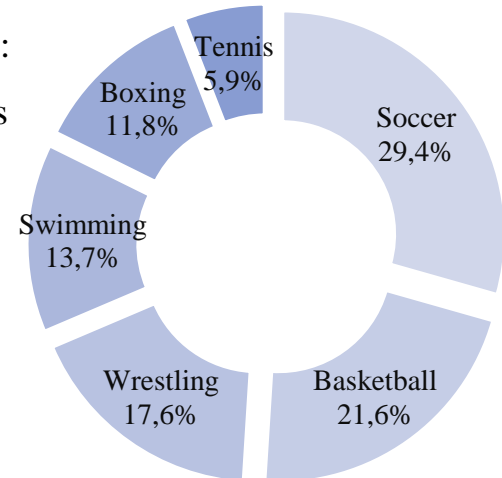
Site of Injury



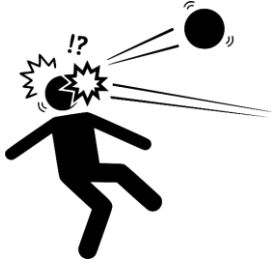
PARI rates significantly **lower** in students:

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

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



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

