

Knowledge and Attitudes toward Prevention and Management of Sport Injuries of Students in Senior High and Vocational High Schools in Hsinchu County

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Abstract

Purpose: The aim of this study was to identify the knowledge and attitudes toward prevention and management of sports injuries among students attending senior high and vocational high schools in Hsinchu County. **Methods:** This study used the stratified cluster sampling method and a questionnaire distributed to seven schools in mid-April 2009. In total, 1336 questionnaires were issued and 1218 valid copies were collected (the valid return rate was 91.2%). **Results:** (1) School type, educational system, and daily sports participation time had significant effects on knowledge of prevention and management of sports injuries. (2) School type, gender, and grade significantly affected attitudes toward prevention and management of sports injuries. (3) Students who more acquainted with knowledge of prevention and management of sports injury” tends to have higher attitudes. **Conclusions:** Compared with past studies, the Health and Nursing class of high school is a major source of sports injury prevention and management. In knowledge performance, the difference between gender and grade is statistically insignificant, suggesting that the Curriculum Guideline 2006 is effective to improve the student’s knowledge in related areas. As the classes of Health and Nursing have been reduced in the new syllabus of senior high and vocational high school for 2010, it is predictable that the contents of sports injury prevention and management will be curtailed, and the student’s knowledge in this area will be reduced. Therefore, it is necessary to open relevant electives, training or workshops on the subject matter for high school students with a higher incidence rate of sports injuries.

Key words: Senior/vocational high school students, prevention and management of sports injuries, knowledge and attitudes.

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