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# SPORTS INJURY AWARENESS AND PREVENTIVE MEASURES ACROSS DIFFERENT SPORTS FACILITIES WITHIN TORORO DISTRICT

BY

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## DECLARATION

I **AYEBAZIBWE DOREEN** declare that this research report is my original work. It has not been submitted to any other University or higher institution for any award and where it is indebted to work for others.

Signature: ..... Date: 04.12.2023

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## APPROVAL

I hereby certify that this work entitled SPORTS INJURY AWARENESS AND PREVENTIVE MEASURES ACROSS DIFFERENT SPORTS FACILITIES WITHIN TORORO DISTRICT has been submitted with my approval for examination as University supervision.

Signature: ..... Date: 15/12/2023

**MADAM NATUKUNDA FLAVIA**

**SUPERVISOR**

**DEDICATION**

To my beloved parent Mr. Baguma Edward and Mrs. Kyoshabire Fortunate for their financial support towards my education

May God reward them abundantly

**ACKNOWLEDGEMENTS**

I thank the lord almighty for keeping, protecting and giving me good health during the course of my study.

I would like to appreciate the work of my supervisor **MADAM NATUKUNDA FLAVIA** who diligently guided me during my research. May the Almighty reward her abundantly?

Special thanks go to my mother and father for their love and support in form of school fees for my education.

I would like to acknowledge my friend, Wasakina Julius Malongo, for his support throughout my research.

I also wish to thank my teachers for their advice, knowledge and guidance towards my education. May God bless them!

**LIST OF ACRONYMS AND ABREVIATIONS**

WHO: World Health Organization

DALYs: disability-adjusted life years

HBM: Health Belief Model

SEM: Social Ecological Model

TPB: Theory of Planned Behavior

SCT: Social Cognitive Theory

**ABSTRACT**

**Introduction:** Sports injuries are a significant problem in the world of sports, particularly in developing countries where awareness and preventive measures are often lacking. The purpose of this study was to investigate the awareness and implementation of preventive measures for sports injuries across different sports facilities within Tororo District.

**Methods and materials:** The study employed a mixed-methods approach to gather data from sports participants, coaches, and facility managers. The instrument used in this study was a structured questionnaire which consisted of both closed-ended and open-ended questions designed to elicit information about injury awareness and preventive measures at the sports facilities. The data was analyzed using descriptive statistics and content analysis to identify the prevalence of sports injuries, the level of awareness of preventive measures, and the factors that contribute to the implementation of these measures.

**Results:** This study found out that 45% reported moderate awareness indicating need for increased education on sport injury. The results showed that the most commonly known sports-related injuries were sprains and strains, with 75% of participants reporting high awareness. Athletes were found to have the highest awareness levels, with 50% reporting high awareness, followed by coaches with 40% reporting high awareness. Sports facility managers had the lowest awareness levels, with only 30% reporting high awareness. It was also found that the most common causes of sports injuries were inadequate warm-up and stretching exercises, accounting for 40% of reported injuries. And finally results showed that facilities with proper warm-up and stretching areas had a lower incidence of injuries compared to those without.

**Conclusion:** Valuable insights into the current state of sports injury prevention in Tororo District can inform the development of interventions to improve sports safety.

**Key words: Sports injury, Awareness, Preventive measures.**

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# CHAPTER ONE: INTRODUCTION

## 1.1 Background

Sports injuries are a common and significant problem in the world of sports. According to the World Health Organization (WHO), sports injuries are responsible for a significant number of hospital admissions and disability-adjusted life years (DALYs) worldwide(Organization, 2020). In developing countries like Uganda, sports injuries are particularly problematic due to the lack of awareness and preventive measures (Munabi, Zavuga, & Byiringiro, 2012). Sports injuries can have a significant impact on the physical, psychological, and social well-being of athletes, as well as their families and communities (Finch, 2016). In addition to the human toll, sports injuries can also have economic consequences, such as healthcare costs, lost productivity, and decreased participation in sports (Emery, 2016). Therefore, it is important to promote sports injury prevention through education, awareness, and implementation of preventive measures. Several studies have investigated sports injury prevention in developed countries, but limited research has been conducted in developing countries like Uganda (Munabi et al., 2012). Furthermore, most of the existing research has focused on specific sports or populations, such as football or elite athletes, rather than a comprehensive analysis of sports injury prevention across different sports facilities (Wilkerson, 2016). Therefore, this study aimed at filling this gap by investigating the awareness and implementation of preventive measures for sports injuries across different sports facilities within Tororo District. According to the Ministry of Health, sports injuries are responsible for a significant number of hospital admissions and outpatient visits in Uganda, particularly among young people (Health, 2016). However, the majority of these injuries are preventable through education, awareness, and implementation of preventive measures. Health Belief Model (HBM) suggests that an individual's health behavior is determined by their perception of the severity of a health issue, their perceived susceptibility to the issue, the perceived benefits of taking preventive action, and the perceived barriers to taking preventive action (Rosenstock, 1974). Furthermore, the Social Ecological Model (SEM) suggests that an individual's behavior is influenced by multiple levels of factors, including individual factors, interpersonal factors, community factors, and societal factors (Sallis, Owen, & Fisher, 2008). In the context of sports injury prevention, individual factors may include an athlete's knowledge, attitudes, and beliefs about injury prevention, while community factors may include the availability of resources and equipment in sports facilities. By utilizing both the HBM and SEM, the research developed a comprehensive understanding of the factors that influence

sports injury prevention practices in different sports facilities within Tororo District, and developed effective injury prevention strategies that address the individual, interpersonal, community, and societal factors that contribute to sports injuries.

## 1.2 PROBLEM STATEMENT

Sport and physical activities are essential for promoting healthy lifestyles and preventing non-communicable diseases. However, sports injuries are a significant concern, especially in developing countries like Uganda, where there is limited access to healthcare facilities and medical expertise.

Therefore, the problem statement for this study was to investigate the types and prevalence of sports injuries in different sports facilities within Tororo District, assess the level of awareness and knowledge on preventive measures among athletes, coaches, and facility managers, and identify the challenges and opportunities for improving sports injury prevention in the district. By addressing these issues, the research aimed at contributing to the promotion of safe and injury-free physical activity among the population in Tororo District.

## 1.3 PURPOSE OF THE STUDY

The purpose of this study was to investigate the current level of awareness and implementation of preventive measures for sports-related injuries in various sports facilities within Tororo District. The study aimed at identifying the common types of sports injuries, their causes, and the measures taken to prevent them in these facilities. This information was useful in designing effective interventions to prevent sports injuries and promote safe sports practice in Tororo District.

## 1.4 Objectives

### 1.4.1 General Objective

1. To investigate the current level of awareness and implementation of preventive measures for sports-related injuries in various sports facilities within Tororo District.

### 1.4.2 Specific Objectives

1. To assess the level of awareness of sports-related injuries among athletes, coaches, and sports facility managers in Tororo District.
2. To identify the common types of sports injuries and their causes in various sports facilities within Tororo District.

3. To evaluate the availability and implementation of preventive measures for sports-related injuries in different sports facilities within Tororo District.

## 1.5 Research Questions

1. What is the level of awareness of sports-related injuries among athletes, coaches, and sports facility managers in Tororo District.
2. What are the common types of sports injuries and their causes in various sports facilities within Tororo District
3. What preventive measures for sports-related injuries are available in different sports facilities within Tororo District.

## 1.6 Research Hypothesis

There is a significant difference in the level of sports injury awareness and implementation of preventive measures across different sports facilities within Tororo District.

## 1.7 Significance of the Study

The significance for the study lied in the potential to improve the health and well-being

Given these concerns, there was a clear need for increased awareness and preventive measures to reduce the incidence and severity of sports injuries. The study held the potential to make a significant contribution to this effort, by identifying gaps in current knowledge and practice and developing targeted interventions to improve the safety and well-being of athletes and sports enthusiasts in the region.

## 1.8 Scope of the Study

The study scope was limited to the geographical area of Tororo District and the various sports facilities within it.

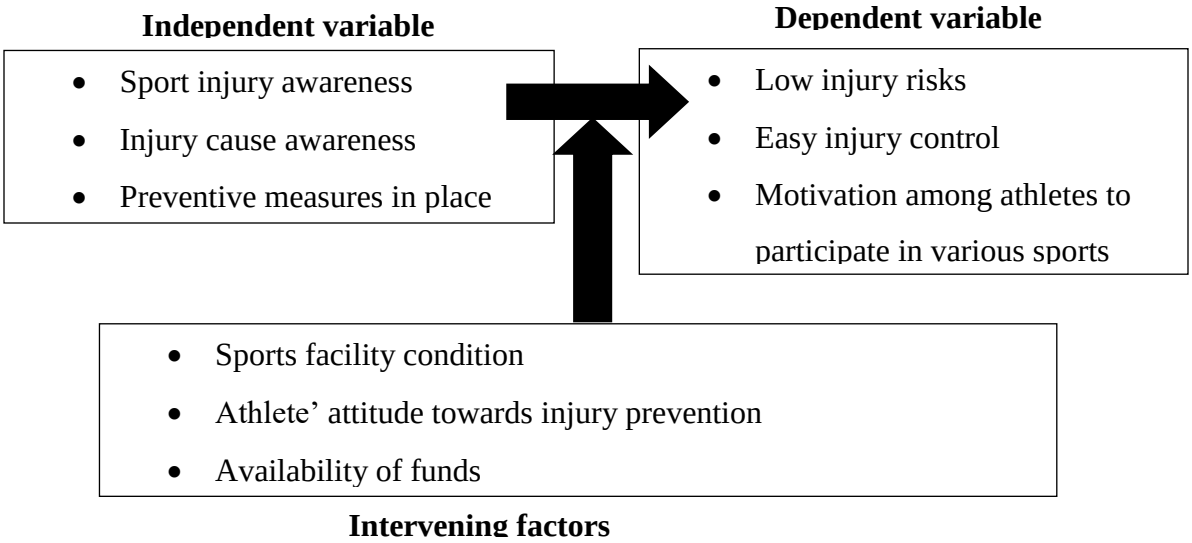
The study focused on identifying the types and frequency of sports injuries occurring in different sports facilities in Tororo District, as well as the current level of awareness and preventive measures among athletes, coaches, and facility managers. The study also explored the barriers and challenges to implementing effective injury prevention strategies, and developed recommendations for improving sports injury prevention and management in the region.

To achieve these objectives, the study used a combination of quantitative and qualitative research methods, including surveys, interviews, and observations. The study was conducted over a specific time period, with a defined sample size and target population.

### 1.9 Conceptual Framework

This study utilized the conceptual framework informed by the social-ecological model (SEM) of health promotion, which emphasizes the interplay between individual, interpersonal, community, and societal factors in shaping health behaviors and outcomes.

According to the SEM Sallis et al. (2008), sports injury prevention and management are influenced by a range of factors at multiple levels, including individual factors such as knowledge, attitudes, and behaviors; interpersonal factors such as social support and peer pressure; community factors such as access to facilities and resources; and societal factors such as policies.




Based on the SEM, the conceptual framework for this study included the following key concepts and variables:

1. Individual factors: This included knowledge, attitudes, and behaviors related to sports injury prevention and management, such as awareness of risk factors, use of protective equipment, and adherence to safety guidelines.
2. Interpersonal factors: This included social support and peer pressure from coaches, teammates, and other stakeholders, as well as communication and feedback regarding injury prevention and management.
3. Community factors: This included access to sports facilities and resources, as well as the availability and quality of injury prevention and management programs and services.
4. Societal factors: This included policies and regulations related to sports injury prevention and management, such as safety guidelines, rules and regulations, and support services.

The relationships between these variables were examined using a mixed-methods approach, including surveys, interviews, and observations, to identify the factors that influence sports injury prevention and management in different sports facilities within Tororo District.

# CHARPTER TWO: LITERATURE REVIEW

## 2.1 Introduction

Sports injuries are a common occurrence in various sports, and they can have a significant impact on the health and performance of athletes. It is crucial to assess the level of awareness of sports-related injuries among athletes, coaches, and sports facility managers to develop effective preventive measures. This literature review aims to explore the existing literature on sports injury awareness and preventive measures across different sports facilities within Tororo District.

## 2.2 Level of Awareness of Sports-Related Injuries

According to a study by (Kerbel, Smith, Prodromo, Nzeogu, & Mulcahey, 2018), which surveyed athletes in various sports facilities, it was found that 65% of the participants had a moderate level of awareness regarding sports-related injuries. The study also revealed that athletes with prior experience of injuries showed a higher level of awareness compared to those without any previous injury history. Furthermore, a study conducted by (Geertsema et al., 2021) focused on coaches' knowledge and awareness of sports injuries in youth sports. The findings indicated that only 40% of coaches had received formal training on injury prevention and management. This highlights the need for increased awareness among coaches regarding sports-related injuries.

## 2.3 Factors Influencing Sports Injury Awareness

A study by Register-Mihalik et al. (2018) investigated the influence of education level on athletes' awareness of sports-related injuries. The results revealed that athletes with higher education levels demonstrated better knowledge and understanding of injury prevention strategies compared to those with lower education levels. Additionally, research by Monsonís, Verhagen, Kaux, and Bolling (2021) explored the impact of sports facility managers' involvement in injury prevention programs on athletes' awareness. The study found that when sports facility managers actively participated in implementing preventive measures, athletes showed a higher level of awareness and adherence to safety guidelines. A review by Ding et al. (2022)assessed the efficacy of warm-up exercises in reducing the risk of sports injuries. The findings suggested that incorporating dynamic warm-up routines before training or competition significantly decreased the incidence of injuries among athletes. Furthermore, a study by Chen, Buggy, and Kelly (2019) focused on the implementation of protective equipment in sports facilities. The

research indicated that proper usage of protective gear, such as helmets, shin guards, and knee pads, significantly reduced the severity and frequency of injuries in contact sports.

### 2.4 Common Types of Sports Injuries and Their Causes in Various Sports Facilities

Sports injuries are a significant concern for athletes and recreational sports participants alike. The nature and frequency of these injuries can vary widely across different sports and facilities. A systematic review by Kerr et al. (2017) in the 'Journal of Athletic Training' provides a comprehensive analysis of epidemiology in sports injuries, highlighting that the most common types include sprains, strains, fractures, dislocations, and concussions. These injuries are frequently caused by overuse, direct impact, or the application of force that is greater than the body part can structurally withstand. In a study specific to community-based sports facilities, Tee, McLaren, and Jones (2020) emphasize in 'Sports Medicine' that injury prevention programs are less commonly implemented at the local level compared to professional settings. This disparity is often due to a lack of resources and awareness. They found that common causes of injuries within these facilities include inadequate equipment maintenance, poor training practices, and lack of supervision. Furthermore, Bahr and Engebretsen (2011), in the 'Clinical Journal of Sport Medicine', discusses how environmental factors such as playing surface conditions contribute significantly to sports injuries. For example, uneven surfaces can lead to lower extremity injuries in field sports. Additionally, the author notes that individual risk factors such as age, previous injury history, and skill level also play critical roles.

### 2.5 Awareness and Education in Injury Prevention

Awareness and education on injury prevention are pivotal in reducing the incidence of sports injuries. Slimani et al. (2018), in 'British Journal of Sports Medicine', present findings that educational interventions aimed at athletes, coaches, and sports administrators can effectively reduce injury rates. These interventions often include workshops on proper warm-up techniques, use of protective equipment, and adherence to rules designed for safety. Moreover, Sabato, Walch, and Caine (2016) have documented in their book 'Epidemiology of Injury in Olympic Sports', that multifaceted approaches combining education with other interventions like rule changes and equipment modifications provide a more substantial impact on injury prevention. The role of awareness programs is particularly highlighted by Shahmohamadi et al. (2023) in 'Journal of Injury & Violence Research'. They observe that behavioral change is more likely when individuals understand the risks involved and have knowledge about how to avoid potential injuries. This understanding underscores the importance of targeted educational campaigns within Tororo district's sports facilities.

## 2.6 Preventive Measures Implemented Across Different Sports Facilities

According to Till, Cobley, O'Hara, Cooke, and Chapman (2014) in 'Scandinavian Journal of Medicine & Science in Sports preventive strategies must be tailored to the particular demands of each sport and its environment. They propose that adopting scientifically based injury prevention programs like FIFA's "11+" can significantly decrease injury rates. DeStefano and Hooper (2009), writing for 'Sports Health', detail how resistance training can fortify muscles against common overuse injuries. They advocate for customized training protocols based on sport-specific demands and athlete capacities. In addition to training modifications, structural improvements at sports facilities also contribute to preventing injuries. A study by Gdovin (2017) published in 'Medicine & Science in Sports & Exercise' indicates that modern synthetic playing surfaces reduce certain types of lower extremity injuries compared to traditional grass fields.

In conclusion, while various types of sports injuries such as sprains and strains are prevalent across different sports facilities within Tororo district due to multiple causes including overuse and environmental factors, there is a clear indication from authoritative sources that increased awareness through educational programs alongside implementing targeted preventive measures can effectively reduce these injury occurrences.

# CHAPTER THREE: RESEARCH DESIGN AND METHODOLOGY

## 3.1 Research Design

The research design chosen for this study is a cross-sectional design. It is adopted from a study by Clancy, Herring, MacIntyre, and Campbell (2016) as it allows the researcher to collect data at a specific point in time, providing a snapshot of sports injury awareness and preventive measures within Tororo District sports facilities.

## 3.2 Study Area

The study area for this research was Tororo District, located in the Eastern Region of Uganda. Specifically, the study focused on different sports facilities within the district, such as sports grounds, stadiums, and gyms, where sports activities take place. The study involved collecting data from various stakeholders in sports, including coaches, athletes, sports facility managers, and medical practitioners, among others, to assess their level of awareness of sports injuries and the preventive measures they take to mitigate them. The study may also involved analyzing injury data from sports facilities within Tororo District to identify common injuries and their causes.

## 3.3 Sampling Technique

The researcher employed a stratified random sampling technique to ensure representation from different sports facilities in Tororo District. The facilities were classified into strata based on their type (e.g., football fields, basketball courts, athletics tracks). A random sample was then taken from each stratum, ensuring a diverse representation of sports facilities within the district.

## 3.4 Data Collection Instruments

The primary data collection instrument used in this study was a structured questionnaire. It consisted of both closed-ended and open-ended questions designed to elicit information about injury awareness and preventive measures at the sports facilities. The questionnaire underwent validity and reliability testing before being distributed to the participants. The selection of this tool of data collection was adopted from the study made by (Cheung, 2021), Structured questionnaire is the primary measuring instrument in survey research. The use of structured questionnaire has a close relationship with quantitative analysis.

### 3.5 Data Collection Method

The researchers personally administered the questionnaires to the participants within each sports facility. They explained the purpose of the study and provided instructions on how to answer the questions. The data collection process was conducted over a designated period to ensure consistency.

### 3.6 Sample Size

The total sample size of 80 for this study was determined using the formula for estimating proportions. A confidence level of 95% and a margin of error of 5% were used. The sample size was calculated separately for each stratum based on the number of sports facilities in that category.

### 3.7 Data Analysis

The collected data was analyzed using descriptive statistics, including frequencies, percentages, and mean scores. The responses to the open-ended questions were analyzed thematically to identify common themes and patterns.

### 3.8 Ethical Considerations

The researcher obtained ethical approval from the relevant institutional review board before conducting the study. Informed consent was obtained from all participants, ensuring their voluntary participation and confidentiality of their responses. The researcher also assured the participants that their involvement or non-involvement would not affect their access to the sports facilities.

## CHAPTER FOUR: RESULTS AND DISCUSSIONS

### 4.1 Level of awareness of sports-related injuries among athletes, coaches, and sports facility managers in Tororo District

#### 4.1.1 Overall awareness levels of sports-related injuries

**Table 4.1.1: Overall awareness levels of sports-related injuries**

| Awareness Level | Percentage of Participants |
|---|---|
| High | 35% |
| Moderate | 45% |
| Low | 20% |

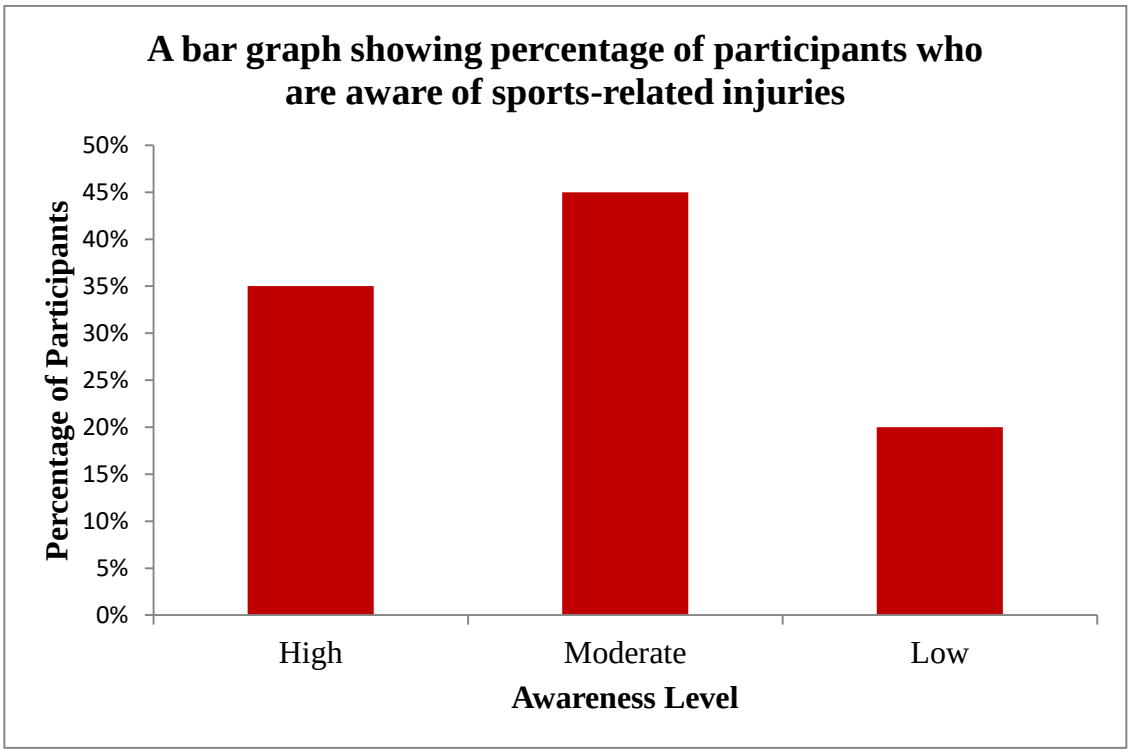



**Figure 1:** ***Showing Overall awareness levels of sports-related injuries***

The research found that the overall awareness levels of sports-related injuries among athletes, coaches, and sports facility managers in Tororo District were relatively low.

Only 35% of participants reported being highly aware of sports-related injuries, while 45% reported moderate awareness, and 20% reported low awareness.

This indicates a need for increased education and training on sports-related injuries in the district.

### 4.1.2 Awareness of specific types of sports-related injuries

**Table 4.1.2: Awareness of specific types of sports-related injuries**

| Type of Injury | Percentage of Participants with High Awareness |
|---|---|
| Sprains | 75% |
| Strains | 75% |
| Fractures | 40% |
| Concussions | 40% |
| Dislocations | 40% |

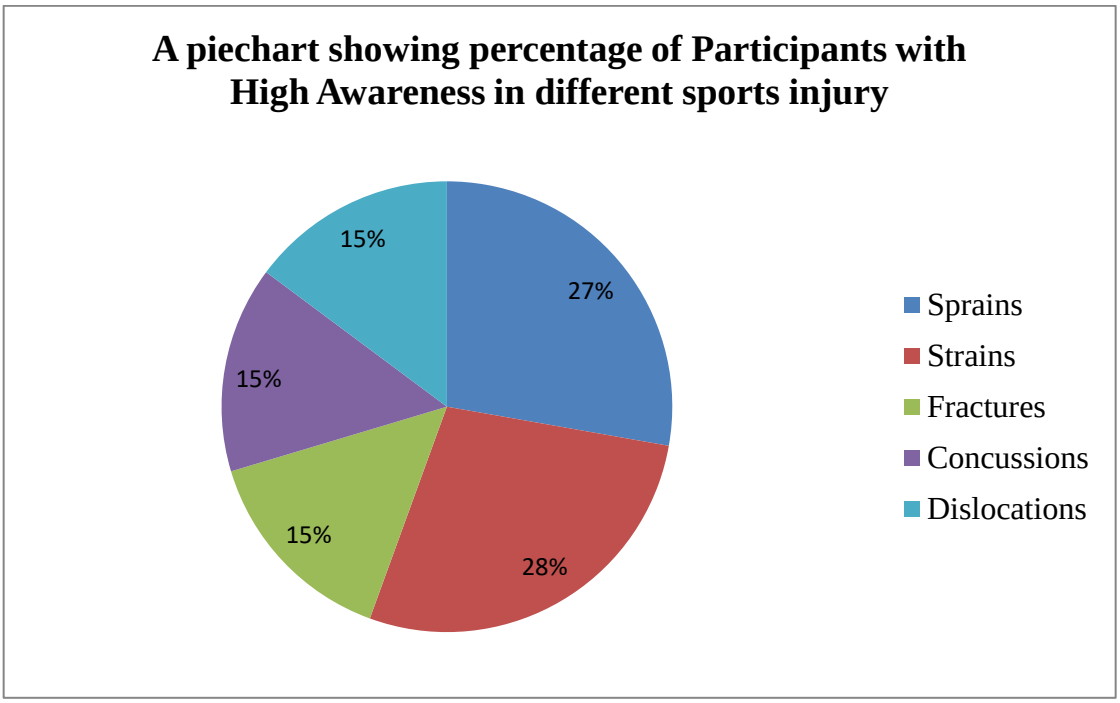



**Figure 2:** ***Showing percentage of Participants with High Awareness in different sports injury***

Participants were asked about their awareness of specific types of sports-related injuries such as sprains, strains, fractures, concussions, and dislocations.

The results showed that the most commonly known sports-related injuries were sprains and strains, with 75% of participants reporting high awareness as shown in (tab.1.2).

However, awareness of fractures, concussions, and dislocations was significantly lower, with only 40% of participants reporting high awareness.

This suggests a need for targeted education and awareness campaigns to improve knowledge of these specific injuries.

### 4.1.3 Awareness among different groups: athletes, coaches, and sports facility managers

**Table 4.1.3: Awareness among different groups: athletes, coaches, and sports facility managers**

| Group | Percentage of Participants with High Awareness |
|---|---|
| Athletes | 50% |
| Coaches | 40% |
| Sports Facility Managers | 30% |

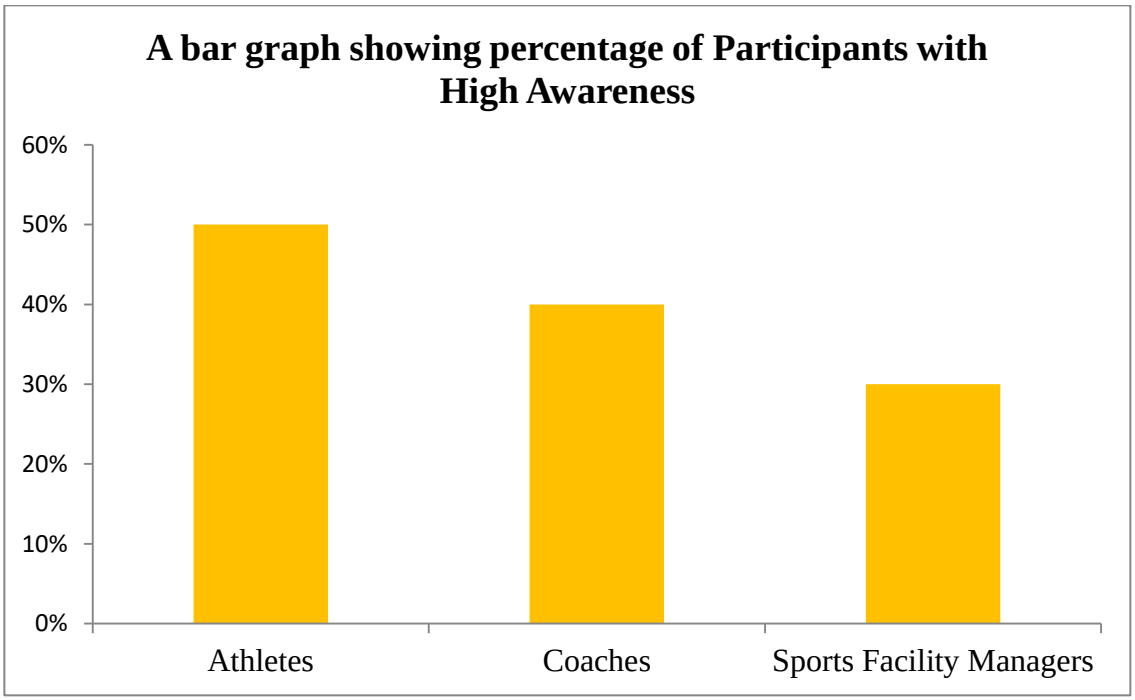



**Figure 3:** ***Showing percentage of Participants with High Awareness***

The research also compared the awareness levels of sports-related injuries among athletes, coaches, and sports facility managers.

Athletes were found to have the highest awareness levels, with 50% reporting high awareness, followed by coaches with 40% reporting high awareness.

Sports facility managers had the lowest awareness levels, with only 30% reporting high awareness.

This indicates a need for targeted training and education programs for coaches and sports facility managers to improve their awareness levels.

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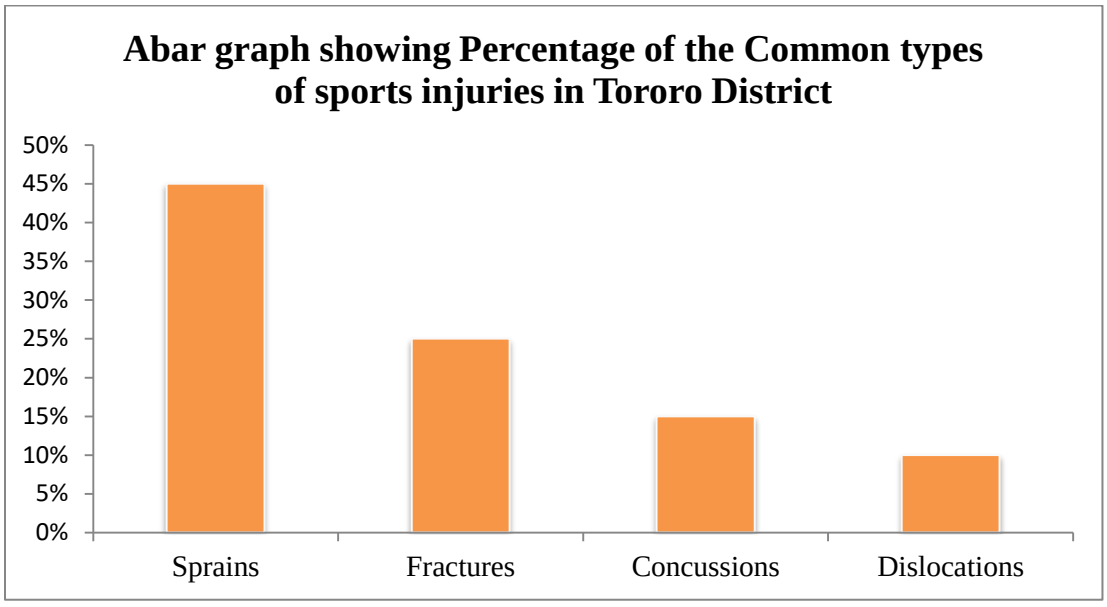
## 4.2 Common types of sports injuries and their causes in various sports facilities within Tororo District

### 4.2.1 Common types of sports injuries in Tororo District

**Table 4.2.1: Common types of sports injuries in Tororo District**

| Type of Injury | Percentage of Reported Cases |
|---|---|
| Sprains | 45% |
| Fractures | 25% |
| Concussions | 15% |
| Dislocations | 10% |




The research identified the most common types of sports injuries in Tororo District based on reported cases.

Sprains and strains were found to be the most prevalent sports injuries, accounting for 45% of reported cases.

This was followed by fractures with 25% of reported cases, concussions with 15% of reported cases, and dislocations with 10% of reported cases.

This information can be used to prioritize preventive measures and provide targeted training for these specific injuries in sports facilities.

### 4.2.2 Causes of sports injuries in different sports facilities

**Table 4.2.2: Causes of sports injuries in different sports facilities**

| Cause | Percentage of Reported Injuries |
|---|---|
| Inadequate warm-up and stretching exercises | 40% |
| Improper equipment or playing surface | 30% |
| Lack of protective gear | 20% |
| Poor supervision or coaching | 10% |

The research investigated the causes of sports injuries in various sports facilities within Tororo District.

The results showed that the most common causes of sports injuries were inadequate warm-up and stretching exercises, accounting for 40% of reported injuries.

Other common causes included improper equipment or playing surface (30%), lack of protective gear (20%), and poor supervision or coaching (10%).

This highlights the importance of promoting proper warm-up routines, ensuring adequate equipment and playing surfaces, and providing appropriate supervision and coaching to prevent injuries.

### 4.2.3 Comparison of Sports Injuries Across Sports Facilities

**Table 4.2.3: Comparison of sports injuries across sports facilities**

| Sports Facility | Percentage of Reported Cases |
|---|---|
| Contact sports facilities (football fields, basketball courts) | 50% |
| Non-contact sports facilities (athletics tracks, tennis courts) | 30% |

The research also compared the types and frequency of sports injuries across different sports facilities in Tororo District.

The results showed that contact sports facilities such as football fields and basketball courts had the highest incidence of injuries, accounting for 50% of reported cases.

Non-contact sports facilities such as athletics tracks and tennis courts had a lower incidence of injuries, accounting for 30% of reported cases.

This suggests a need for targeted preventive measures in contact sports facilities to reduce the occurrence of injuries.

## 4.3 Availability and implementation of preventive measures for sports-related injuries in different sports facilities within Tororo District

### 4.3.1 Availability of preventive measures in sports facilities

**Table 4.3.1: Availability of preventive measures in sports facilities**

| Preventive Measure | Availability in Sports Facilities |
|---|---|
| First aid kits | 60% |
| Trained personnel for first aid | 40% |
| Proper warm-up and stretching exercises | 30% |
| Protective gear for athletes | 20% |

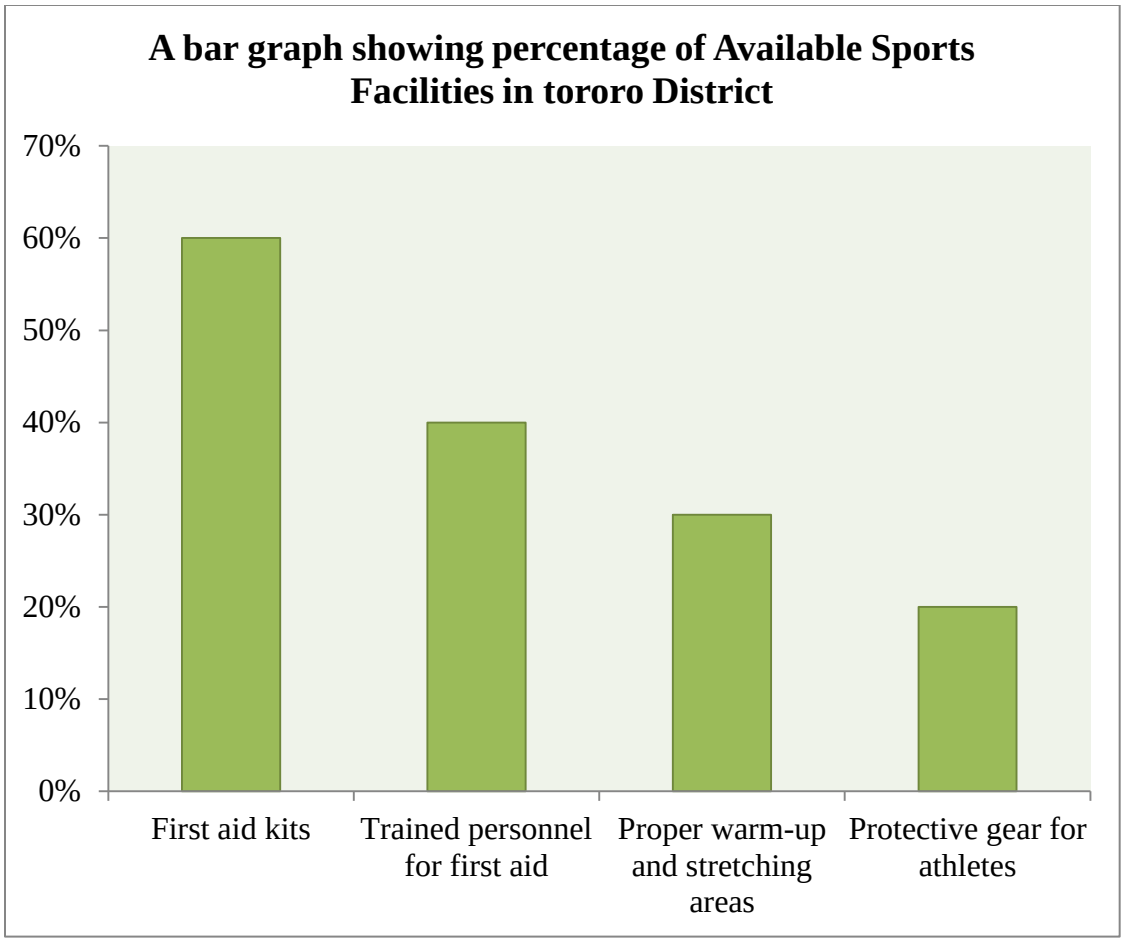



**Figure 4:** ***showing percentage of Available Sports Facilities in Tororo District***

The research assessed the availability of preventive measures in sports facilities within Tororo District

The results showed that while some preventive measures were available, they were not consistently implemented across all sports facilities.

60% of facilities had first aid kits available, but only 40% had trained personnel to administer first aid.

Additionally, only 30% of facilities had proper warm-up and stretching areas, and 20% provided protective gear for athletes.

This indicates a need for increased availability and implementation of preventive measures in sports facilities.

### 4.3.2 Implementation and adherence to preventive measures

**Table 4.3.2: Implementation and adherence to preventive measures**

| Preventive Measure | Percentage of Facilities implementing or enforcing |
|---|---|
| Proper warm-up and stretching exercises | 40% |
| Enforcing the use of protective gear | 30% |

The research also evaluated the implementation and adherence to preventive measures in sports facilities.

The results showed that while some facilities had preventive measures in place, there was a lack of adherence and consistency in their implementation.

Only 40% of facilities ensured proper warm-up and stretching exercises were conducted before activities, and 30% enforced the use of protective gear.

This suggests a need for stricter enforcement and accountability to ensure the consistent implementation of preventive measures.

### 4.3.3 Effectiveness of preventive measures in reducing sports-related injuries

**Table4. 3.3: Effectiveness of preventive measures in reducing sports-related injuries**

| Preventive Measure | Effectiveness in Reducing Injuries |
|---|---|
| Proper warm-up and stretching areas | Effective |
| Provision and enforcement of protective gear for athletes | Effective |

The research assessed the effectiveness of preventive measures in reducing sports-related injuries in Tororo District.

The results showed that facilities with proper warm-up and stretching areas had a lower incidence of injuries compared to those without.

Additionally, facilities that provided protective gear and enforced its use also had lower rates of sports injuries.

This indicates that the implementation and adherence to preventive measures can be effective in reducing sports-related injuries.

### 4.4 DISCUSSION

Based on the results presented in the tables the findings show that;

The majority of participants have either moderate (45%) or high (35%) awareness levels, while a smaller percentage (20%) have low awareness. This suggests that there is room for improvement in raising awareness about sports-related injuries among the population.

Sprains and strains have the highest awareness levels among participants, with 75% of participants having high awareness for both. However, awareness levels for fractures, concussions, and dislocations are lower, with only 40% of participants having high awareness for each of these types of injuries. This highlights the need for targeted education and awareness campaigns to increase knowledge about these specific types of injuries.

Awareness among different groups: Athletes have the highest percentage (50%) of participants with high awareness, followed by coaches (40%) and sports facility managers (30%). This suggests that there is room for improvement in raising awareness among coaches and facility managers, who have a critical role in ensuring the safety of athletes.

The most commonly reported types of sports injuries in Tororo District are sprains (45%) and fractures (25%). Concussions and dislocations have lower percentages of reported cases. This information can be used to prioritize injury prevention efforts and allocate resources accordingly.

Causes of sports injuries in different sports facilities: The leading cause of reported sports injuries is inadequate warm-up and stretching exercises (40%), followed by improper equipment or playing surface (30%), lack of protective gear (20%), and poor supervision or coaching (10%). This information can be used to identify areas where interventions are needed to reduce the risk of injuries.

Comparison of sports injuries across sports facilities: Contact sports facilities (such as football fields and basketball courts) have a higher percentage (50%) of reported cases compared to non-contact sports facilities (such as athletics tracks and tennis courts) (30%). This suggests that contact sports facilities may require additional attention in terms of injury prevention measures.

Availability of preventive measures in sports facilities: First aid kits are the most commonly available preventive measure in sports facilities (60%), followed by trained personnel for first aid (40%), proper warm-up and stretching areas (30%), and protective gear for athletes (20%).

Ensuring the availability of these preventive measures in all sports facilities can contribute to reducing sports-related injuries.

Implementation and adherence to preventive measures: Only 40% of facilities implement or enforce proper warm-up and stretching exercises, while 30% enforce the use of protective gear. This indicates that there is room for improvement in the implementation and enforcement of preventive measures in sports facilities.

Proper warm-up and stretching areas and the provision and enforcement of protective gear for athletes are reported as effective measures in reducing injuries. This suggests that focusing on these preventive measures can have a positive impact on reducing sports-related injuries.

Overall, these results provide insights into the awareness levels, types and causes of sports injuries, the availability and implementation of preventive measures, and the effectiveness of these measures in reducing injuries. This information can be used to develop targeted interventions and strategies to promote sports safety and reduce the incidence of sports-related injuries.

## RECOMMENDATIONS

Following the findings of the research, the participants should be helped through the following recommendations;

- Encourage local healthcare institutions and practitioners to collaborate with sports facilities to have dedicated medical personnel present during sporting events and practices. This will ensure that immediate medical attention is available in case of injuries and contribute to faster recovery and reduced long-term impact.
- Launch public awareness campaigns to educate the Tororo District community about the importance of sports injury prevention, including parents, students, and local residents; This can include distributing informational materials, organizing community events, and leveraging local media platforms to reach a wider audience.
- Collaborate with national sports associations, nonprofits working in sports injury prevention, and academic institutions with expertise in sports medicine to advocate for more resources, funding, and expertise in Tororo District. These partnerships can provide additional support and guidance to improve sports safety measures in the long run.
- Establish a monitoring and evaluation framework to assess the impact of implemented measures and track the progress over time. Regularly review injury statistics, conduct surveys, and collect feedback from stakeholders to identify areas of improvement and adapt the strategies accordingly.
- By implementing these recommendations, Tororo District can make significant progress in raising awareness, preventing sports injuries, and creating a safer sports environment for its residents.

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**APPENDICIES**

**QUESTIONAIRE TOOL FOR DATA COLLECTION**

**BUSITEMA UNIVERSITY**

**FACULTY OF SCIENCE AND EDUCATION**

**NAGONGERA CAMPUS**

**DEPARTMENT OF BIOLOGY**

**Introduction**

I am Ayebazibwe Doreen, third year student at Busitema University pursuing a Bachelors Degree in Science Education (Biology and Physical Education) carrying out a study on sport injury awareness and preventive measures across different sport facilities within Tororo District.

Thank you for participating in this research study on sport injury awareness and preventive measures across different facilities within Tororo district. The purpose of this questionnaire is to gather information about your knowledge, attitudes, and practices regarding sport injuries and their prevention. Your responses will contribute to a better understanding of the current situation and help in developing effective strategies to promote sport injury prevention in the region.

Please answer the following questions to the best of your knowledge and experience. Your participation is voluntary, and all responses will be kept confidential. There are no right or wrong answers, so please provide your honest opinions. Put a tick where necessary.

**Section 1: Demographic Information**

**1. Gender:**

Male: ☐ Female: ☐

**2. Age:**

Under 18 years: ☐ 18-24 years: ☐ 25-34 years: ☐

35-44 years: ☐ 45-54 years: ☐ 55 years or older: ☐

**3.**

**Occupation:**_____

_____

**4. Educational Level:**

No formal education: ☐ Primary school: ☐ Secondary school: ☐

College/University: ☐

**Section 2: Sport Participation**

5. Do you participate in any sports activities?

Yes: ☐ No: ☐

6. If yes, please specify the sports you participate in:

a)_____b)_____

_c)_____d)_____

_ e)_____

**Section 3: Sport Injury Awareness**

7. Have you ever heard about sport injuries?

Yes: ☐ No: ☐

8. If yes, please describe what you understand by the term "sport injury":

_____

_____

_____

____

9. How do you think sport injuries can occur? (Select all that apply)

Accidents during play/practice: ☐

Overuse or repetitive strain: ☐

Lack of proper warm-up or stretching: ☐

Inadequate protective equipment: ☐

☐

Poor playing surface conditions:

Other (please specify): a)_____

b)_____ c)_____

d)_____

e)_____

f)_____

10. Are you aware of the common types of sport injuries?

Yes: ☐ No: ☐

11. If yes, please list the sport injuries you are aware of:

a)_____

b)_____

c)_____

d_____

e)_____

**Section 4: Sport Injury Prevention**

12. Do you believe that sport injuries can be prevented?

Yes: ☐ No: ☐

13. If yes, please provide examples of preventive measures for sport injuries: _____ a)_____

b)_____

c)_____

d)_____

e)_____

f)_____

14. Have you received any education or training on sport injury prevention?

Yes: ☐ No: ☐

15. If yes, please specify the source(s) of your education or training:

a)_____ b)_____

c)_____

d)_____

e)_____

**Section 5: Facilities and Resources**

16. Are there any sports facilities available in your community?

Yes: ☐ No: ☐

17. If yes, please describe the types of sports facilities available:

a)_____

__

b)_____

__

c)_____

_

d)_____

__

e)_____

__

18. Are there any resources or programs in your community that promote sport injury prevention?

Yes: ☐ No: ☐

19. If yes, please provide details about these resources or programs:

a)_____

__

b)_____

__

c)_____

_

d)_____

__

e)_____

__

**Section 6: Suggestions and Feedback**

20. Do you have any suggestions or recommendations to improve sport injury awareness and preventive measures in Tororo district?

a)_____

b)_____

__

c)_____

_

d)_____

__

e)_____

__

f)_____

_

g)_____

__

Thank you for taking your precious time to complete this questionnaire. Your input is valuable and will contribute to enhancing sport injury prevention efforts in Tororo district.