

Causes, Safety Awareness and Protection Path of Sports Injury among Physical Education Students in Selected Middle Schools in China

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Abstract: By research the causes, safety awareness and protection ways of sports injuries of students majoring in physical education in some middle schools in China, based on the presented findings of the study, the researcher came up with the following conclusions: First. The sports awareness campaign and protocol in the two middle schools in Jinzhou No.8 Middle School and Jinzhou Experimental Middle School China are in place. Second. It could be inferred that coaches observe safety measures so as to avoid major injuries among the student-athletes. Third. The school officials support the sports activities of the students by providing different sports facilities as well as competent medical team. Last. The students are aware of the sports safety campaign.

Keywords: Middle School; Sports Injury; Safety; Protection Path.

1. Introduction

It is the unshirkable responsibility and obligation of the school to create a safe education and teaching environment, strengthen campus safety management and carry out safety education activities. However, the occurrence of students' sports injury accidents not only brings misfortune and pain to themselves and their families, but also causes confusion and anxiety in teaching management to educational administrative departments and schools. Many schools have therefore taken negative protective measures, such as: reducing the difficulty of physical education teaching; Dismantle sports equipment such as singles and parallel bars. Therefore, some PE teachers bear a heavy psychological burden, and always feel treading on thin ice in the face of students' safety problems, so that their focus in the teaching process is no longer on the quality of PE teaching, but on how to avoid injury accidents as much as possible.

Therefore, whether the classroom teaching goal can be achieved or not. It can be seen that school sports injuries not only bind the hands and feet of physical education teachers, but also seriously affect the quality of physical education, and even hinder the enhancement of students' physique, which runs counter to the national policy of strengthening teenagers' physique, building a sports power, promoting the healthy growth of teenagers and promoting quality education.

2. Research Design

2.1. Research Locale

This research conducted in the east of China particularly in Jinzhou City, Liaoning Province. Two schools were selected as research locale. School 1 was Jinzhou No.8 Middle School and School 2 was Jinzhou Experimental Middle School.

2.2. Statement of the Problem

This study aimed to determine the causes, safety awareness and protection path of sports injury among students

in Jinzhou No.8 Middle School and Jinzhou Experimental Middle School China. The output was a proposed safety intervention plan of action.

Specifically, it aimed to answer the following questions:

1. What is the profile of the student-respondents in terms of: Sex; School affiliation; age; grade level.
2. What is the extent of the causes of sports injury that the student-respondents had experienced in terms of the following variables: School management factor; School Environment Factor; School Facilities and equipment factor
3. Is there a significant difference in the extent of the causes of sports injury among the student-respondents when their profile is taken as a test factor ?
4. What is the level of safety awareness among the student-respondents when joining sports activities in their physical education course ?
5. Is there a significant difference on the level of safety awareness among the student-respondents when their profile is taken as a test factor ?
6. Is there a significant relationship between the causes of sports injury and safety awareness ?

2.3. Sampling and Sample Composition of Students

Table 1. Sample student-respondents

Middle schools	Grade level	Respondents
Jinzhou No.8 Middle School	Grade 7	41
	Grade 8	42
	Grade 9	52
Total		135
Jinzhou Experimental Middle School	Grade 7	50
	Grade 8	59
	Grade 9	62
Total		171
Overall total		306

The method of purposive sampling was applied to identify the total number of student-respondents who experienced sports injury in joining sports activities. The criteria in

choosing the student-respondents were:

- 1 The student-respondents must be officially enrolled in any of the two middle schools
- 2 They had experienced sports injury while joining sports activities

2.4. Research Instrument

The researcher utilized a researcher –made questionnaire in gathering data for his research as a primary tool in collecting the research data. The final draft was checked by his adviser and by three experts in the field and was subjected to pilot testing to test its reliability with a result of 0.85. The 4-point scale was employed. The scale, weight, and verbal interpretation of the responses of the respondents in terms of the causes of sports injury was described as follows:

Table 2. The 4-point scale was employed

Weight	Range	Qualitative Description	Interpretation
4	3.51-4.00	Strongly agree	To the greatest extent
3	2.51-3.50	Agree	To the great extent
2	1.51-2.50	Disagree	To a less extent
1	1.00-1.50	Strongly disagree	To the least extent

2.5. Data Gathering Procedure

A letter of request to conduct the study was given to the heads of the two middle schools. After approval, the researcher distributed the survey questionnaire to the student-respondents face to face. He collected the survey questionnaire after they answered it.

Data Analysis Procedure

In analyzing the data that was gathered, the following statistical treatments were utilized in the study at 0.05 level of significance using Statistical Package for Social Sciences or SPSS software:

For statement of the problem #1 – the researcher utilized the frequency count and percentage.

For statement of the problems #2 and 4 –the researcher utilized the weighted mean, standard deviation, and ranking.

For statement of the problems # 3 and 5 –the researcher utilized either a t-test or Analysis of Variance or ANOVA to determine the significant differences in their assessment of the causes of sports injury and the safety awareness of the student-respondents.

For statement of the problem 6 – the researcher utilized Pearson’s r to identify the relationship between two variables.

2.6. Ethical Consideration

The following ethical guidelines was considered by the researcher in the gathering of raw data:

1. In conducting the respondents’ answers, the researcher was discreet enough about the demographic profile and make a personal commitment to protect the identities of the respondents of his study. Confidentiality will be maintained all throughout the research study from data gathering to data analysis.

2. The sensitivity checked on the questions used was schemed and checked.

3. The researcher sought respondent’s informed consent for the data gathering process approved by the school head which covered being well-informed about the purpose of the research they are asked to participate in, understanding the

benefits that might grow to them as a result of participating and feeling free to make an independent decision without fear of negative consequences.

4. To standardize data collection, only the researcher gathered the data based on the survey questionnaire.

5. The researcher exercised integrity of data by maintaining a clear and complete record of raw data that was acquired.

3. Literature References

It runs counter to the educational goals of lifelong physical education, quality education and improving the physique of middle school students. As Bian Yu, Ma Yan and Lv Hongfang (2007) mentioned [1]. and seriously hindered the development of school sports in China. " As Zou Zhibin (2004) mentioned [2]. This is undoubtedly contrary to the spirit of comprehensively promoting quality education (Xu Ximei,2007) [3]. The survey results of other researchers show that safety is a bottleneck affecting the development of the Sunshine Movement (Liu Changjiang, Yan Chunhui, 2009) [4]. It also greatly affects the improvement of students' physical ability. It is extremely disadvantageous to the training of students' physique and courage (Xiao Wei, 2007) [5].besides. Broken and dead students in physical education class. Will have an indelible shadow on the psychology of the living. Even affect the whole life (Yang Yaqin, Qiu Guanhua,2005)[6].Injury rate: junior high school students Especially the freshmen in junior high school are at high risk of sports injury (Han Zhixiang, Sun Xia,2003;Chen Yaling, Reddening, Li En,2009)[7];The injury rate of boys is higher than that of girls (Han Zhixiang, Sun Xia,2000; Reddening, Li En,2009)[8].Injured parts: the injured parts of male students are in the order of stepping joint, finger and knee joint. The female students are in turn fingers, face and toes (Wang Dongju 2009) [9]. The injured part of basketball is commonly seen in the lower limbs The injuries of stepping, knee and foot are more common (Chen Yaling, 2003) [10]. Wrist is also the part where injuries often occur in basketball (Shi Hong, Li En,2009)[11];The nature is joint ligament injury and muscle strain (Chen Yaling,2003) [12].Type of injury: skin damage, Joint sprain, Dislocation, Muscle strain (Shi Hong,Li En, 2009)[13].Injury time: PE class, Free activities between classes (Shi Hong Li En 2009)[14].But Wang Dongju's investigation shows that there are 124 cases of extracurricular activities 41.6%) and holidays (122 cases, 40.9%) 16.8%) (Wang Dongju 2009)[15].Sports prone to injury: basketball (Chen Yaling Reddening Li En Wang Dongju, 2009)[16].

4. Recommendations

Based on the conclusions derived in this study, the following are the recommendations:

- 1 Continue to support the sports activities of the students.
- 2 Provide sports facilities that are at par to national and international standard.

- 3 Orient also the parents about the sports safety awareness campaign of the school.

- 4 Collaborate with the different stakeholders of the school so as to avoid minor and major injuries while the students are joining different sports activities.

- 5 Provide trainings on first aids among physical education teachers so as to provide the students who will suffer minor injuries.

5. Conclusion

Based on the presented findings of the study, the researcher came up with the following conclusions:

1 The sports awareness campaign and protocol in the two middle schools in Jinzhou No.8 Middle School and Jinzhou Experimental Middle School China are in place.

2 It could be inferred that coaches observe safety measures so as to avoid major injuries among the student-athletes.

3 The school officials support the sports activities of the students by providing different sports facilities as well as competent medical team.

4 The students are aware of the sports safety campaign

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