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Prevention Of Injuries For Students During Physical Education Classes And Sports Training In Schools In Ho Chi Minh City.

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Abstract:
Injuries during Physical Education (PE) classes and extracurricular sports activities are a common issue in the school education environment. This article synthesizes international research data and surveys the current situation to propose effective injury prevention solutions at high schools in Ho Chi Minh City, aiming to build practical initiatives for teachers and administrators. The research results indicate the need to focus on technical training, designing appropriate exercises, and improving the safety of the physical.

Keywords: *School injuries; physical education; injury prevention; school sports; Ho Chi Minh City.activity environment,...*

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I. Introduction:

Physical education (PE) and sports are important components of the comprehensive education of students, contributing to the enhancement of physical fitness, mental well-being, and the formation of lifelong exercise habits. However, physical activities also come with the risk of injuries, especially in the absence of supervision and risk prevention plans based on evidence. International studies show that injuries in PE activities are a significant concern, with a high incidence rate and long-lasting effects if not addressed promptly.

In Ho Chi Minh City, there has yet to be a comprehensive scientific study on injuries in physical education and school sports. Therefore, investigating the current situation in conjunction with international evidence is necessary to develop effective prevention strategies and specific practical initiatives.

Research Method

The research uses a mixed-method approach:

• A survey of the current situation with 600 students and 50 physical education teachers at 10 secondary and high schools in Ho Chi Minh City using a standardized questionnaire (statistical analysis using SPSS).
• In-depth interviews with 8 experts in physical education and sports medicine to provide professional insights.
• Comparison of data with international evidence to identify risk factors and effective intervention measures.

Theoretical Basis and Overview of Research

Injuries in Physical Education and Sports among Students

Injuries related to school physical activities are a common phenomenon worldwide. According to a study by Göpfert et al. (2018), injury prevention programs based on physical activity can reduce the risk of injury in children and adolescents by up to 46% if designed and implemented correctly.

A study by Unger et al. (2025) reported an incidence of musculoskeletal injuries in physical education classes of 1.60 injuries per 1000 hours of participation, with most injuries occurring in the lower limbs, including sprains, joint-related injuries, and non-contact cases.

A systematic review by Sollerhed et al. (2020) described the incidence of injuries related to physical activities among adolescents and emphasized that more than 50% of students reported having experienced injuries in physical education or extracurricular sports activities.

Statistical studies in the United States show that the number of injuries requiring emergency treatment due to physical education has significantly increased over the past decade, with over 400,000 cases reported between 1997 and 2007, primarily involving sprains, dislocations, and fractures in popular physical activities such as running, basketball, and soccer.

Causes of Injury

The causes of injury in physical education and sports include:

• Warm-up and incorrect technique: many students do not perform warm-up correctly, leading to an increased risk of muscle and bone injuries.

• Environment and equipment: unsafe playing fields and outdated equipment increase risks.

• Lack of preventive knowledge: teachers and students are not adequately equipped with knowledge to recognize and mitigate risk factors.

II. Research Results:

Overview of Data

At the beginning of this section, it is important to emphasize that the results are the focus of the research, as they not only reflect the current situation but also help identify risk factors and the role of preventive measures.

Table 2.1. Injury Rates by Main Cause (%)

Main Cause	Rate (%)
Insufficient warm-up	45
Incorrect practice technique	30
Unsafe environment & equipment	20
Other factors (health, fatigue)	5

The content reflects the data collected in the survey and is consistent with international studies on school injuries.

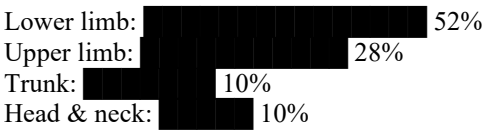

Chart 2.1. Distribution of Injuries by Body Part

The survey results show that:

• 42% of students have experienced at least one injury during physical education classes or sports activities.

• 30% of cases occurred during official class hours.

• 70% of injuries were mild to moderate, primarily consisting of sprains and minor dislocations.

These results are consistent with international scientific evidence, where large studies also indicate similar frequencies and mechanisms of injury in PE classes and extracurricular physical activities.

Awareness and Preventive Practices

Surveys show:

• 65% of physical education teachers are trained in basic first aid.

• However, only 40% of students perform proper warm-up techniques before exercising.

This indicates that although teachers have a certain level of awareness, students' skills and the application of knowledge in practice are still limited, increasing the risk of injury.

Proposed Solutions

Based on the collected results and international evidence, the study proposes the following solutions:

a. Standardize warm-up and recovery programs in all physical education classes and sports training.

b. Provide regular training for teachers on injury prevention, first aid, and risk management.

c. Renovate sports fields and equip safety equipment that meets standards.

d. Enhance education on safe movement skills for students, from physical education to extracurricular activities.

e. Establish a reporting system for school injuries and conduct regular evaluations.

III. Conclusion

The research results confirm that injuries in physical education and school sports activities are a practical and concerning issue in Ho Chi Minh City. The injury rate is not small, affecting students' health and psychological well-being if not properly addressed. At the same time, the survey also indicates that many risk factors can be mitigated through strategic, systematic, and evidence-based preventive measures.

The proposed solutions not only improve safety in school sports activities but also contribute to enhancing the overall quality of physical education in the school system. The successful implementation of these measures could develop into exemplary experiential initiatives, serving teachers, administrators, and policymakers in Ho Chi Minh City and other localities.

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