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## An Analysis of Lancer Varsity Athlete Injuries: Prevalence, Trends, & Risk Factors

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# **An Analysis of Lancer Varsity Athlete Injuries: Prevalence, Trends, & Risk Factors**

By

**McKenna Dumouchelle**

An Internship Report

Submitted to the Faculty of Graduate Studies through the

Department of Kinesiology

in Partial Fulfillment of the Requirements for  
the Degree of Master of Human Kinetics at the  
University of Windsor

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2024

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Participation in sport has positive physical and mental health implications across the lifespan, however sport-related injuries can result. Determining the appropriate prevention and rehabilitation programs for athletes can be challenging as injuries vary considerably in terms of how they occur and progress. The purpose of this study was to determine potential factors and identify trends contributing to injury in athletes from the University of Windsor. Participants were asked to complete a multifactorial survey of a series of questions pertaining to the injury. It was found that more male athletes sustained an injury, which were more severe (time loss exceeding 10 days), with the most injuries seen in football. Most injuries occurred to the knee, shoulder, and thigh. Incomplete muscle-tendon sprains, incomplete ligament sprains, and concussions were most commonly reported. Fifty percent of athletes sustained an unrelated injury in the same season and most injuries recorded were new and not lingering from a past incident. Additionally, the number of injuries decreased with increasing year of eligibility and one-third of athletes recorded multiple injuries in a single season. More injuries were recorded at away competitions than at home, however the number of injuries sustained during practice and competition were similar. It took more than ten days for athletes to recover from most injuries. Time-loss injuries were recorded most in high-contact sports like football, basketball, and hockey. Overall, there were an abundance of factors that contributed to injuries in Lancer varsity athletes. Future iterations of the survey tool surveillance and enhance injury reduction strategies at the university.