

LESIONS AND INJURIES ASSOCIATED TO SPORT AND PHYSICAL EDUCATION IN BURUNDI ELEMENTARY SCHOOLS

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ABSTRACT

The objective of the present study was to measure and try to provide some epidemiological statistical data on lesions and injuries associated to the practice of sports and physical activity among elementary student in Burundi. A total of 540 representative students completed independently and anonymously a structured questionnaire during a single class. Trained persons have helped in distribution of questionnaire and in responding only on children's queries about procedure. Those trained persons were instructed to disallow any conferring between the children. 13.5% accidents reported by primary students were the result of sport as course; 40.9% of injuries have occurred during recreational sport activities. 92% of injuries have been reported by boys while girls have reported 80% cases lesions and injuries. Injuries related to recreational sports increase as the level of study increase (18.2%; 24.8%; 32.6% respectively for first, second and third level of study). The frequency of lesion occurrence is gradually: Scratch (36.1%; 36.7%; 39.9% respectively for lesion occurred during a course of sport, recreational sport and non- sport activity), wound with various degree of occurrence and fracture and dislocation. The patterns for sport as course and recreational sport injuries were very similar, with injuries occurring most frequently in the legs. Injuries and lesions associated with sports and physical activities often occurred in Burundi elementary school. The rate of occurrence and the location of injuries present variations.