

Author(s) ALUOCH, Ernest HAATAJA, Riikka	Type of publication Bachelor's / Master's Thesis	Date 05.04.2011
	Pages 56	Language English
	Confidential <input type="checkbox"/> Until	Permission for web publication <input checked="" type="checkbox"/> (X)
Title A STUDY TO DETERMINE FIRST AID KNOWLEDGE & SKILLS OF JYVÄSKYLÄ JAGUAARIT YOUTH AMERICAN FOOTBALL TEAM ON COMMON INJURIES		
Degree Programme Degree Programme in Nursing		
Tutor(s) PALOVAARA, Marjo NATUNEN, Pekka		
Assigned by Jyväskylän Jaguaarit		

Abstract

The aim of this study was to determine the existing level of knowledge and skills regarding first aid in common injuries amongst the Jyväskylä Jaguaarit youth American football team. The target group was the under 21 years old team. The study was inspired by the fact that, during practice and training sessions, the team usually has no trained professionals to take care of the injuries and provide first aid. Thus, the players and coaches assume this responsibility.

A descriptive quantitative approach was used in this study, using a closed multiple choice questionnaire to collect the statistical data from the participants. The questionnaire was projected to gain specific knowledge on the most common injuries occurring in youth football.

Results indicated that the youth team had the basic knowledge on the treatment of the most common injuries in football, but clearly lacked knowledge on the various initial steps needed to care for an injured teammate. Twenty seven participants took part in the study, out of which more than half had prior first aid knowledge or qualification. An average of 62% of the participants answered correctly. This can be attributed to the fact that, half of the participants had prior first aid knowledge.

Using the results from this study, it is recommended that further first aid education is needed for the team in order to boost their skills and confidence in handling injury situations. However, the

