

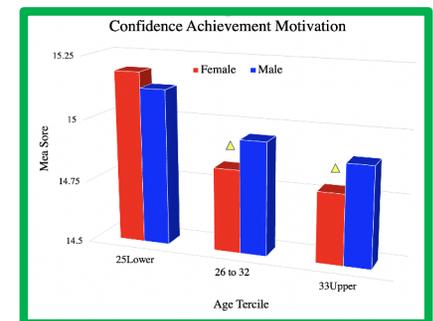
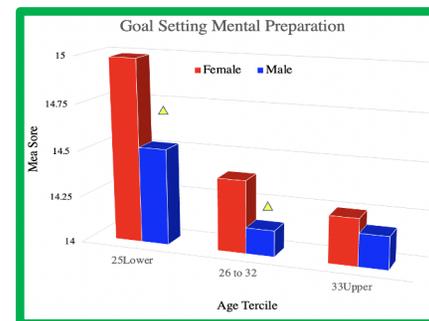
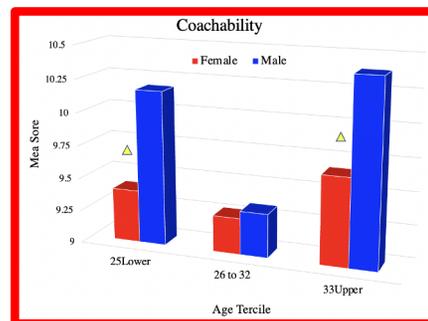
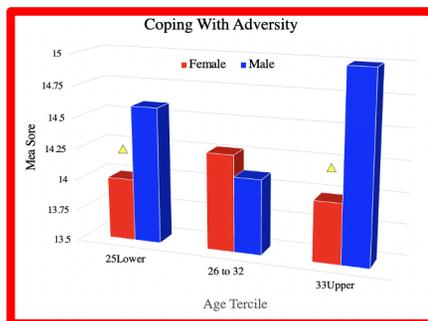
- The present study examined the incidence and consequences of injuries in exercisers and athletes relative to their sex and age.
- Participants included 374 women and 640 men with an average age of 31.78 (SD: 10.63) years and 13.37 (SD: 10.21) years of organized sports and they completed demographics, an item set assessing overall preparation activities to engaged in sports, physical injuries, and the Athletic Coping Skills Inventory-28.
- Two major themes help to organize the discussion of the main findings: the incidence and outcomes of injury and the psychological skills that may help the physically active work through and overcome them.

Theme I: In Terms of Injuries

- Older men were less likely to stretch before beginning physical activity than younger men and women, women in their middle ages were more likely to had an acute injury and to have been injured a year or more ago, men and women in their middle years were significantly less likely to have required surgery, and women in the younger ages were most likely to have been out of physical activity for 2 weeks to 3 months while men in their younger ages were most likely to have been out of physical activity for 2 to 4 weeks.

Theme II: In Terms of Psychological Skills

In terms of psychological skills three themes emerged. First, in terms of coping and coachability, men were significantly more able to remain positive when things were going badly and more able to accept constructive criticism and these skills should promote adherence to treatment protocols and recommendations (see graphs framed in red). Second, confidence and peaking under pressure for women were significantly higher than those of men and those who are confident and positively motivated will be challenged rather than threatened under pressure situations, and these skills should promote continued adherence to treatment regimens during the hardest times in the recovery process. Third, goal setting and freedom from worry scores were significantly higher for women, and the skills of mental preparation and freedom from worry—skills will assist those without injuries to prepare for continued training and for those with injuries to adhere to treatment protocols (see graphs framed in green).



- The outcomes described are consistent with those reported in the literature in terms of the age and sex of physically active individuals. Similarly, the age differences on injuries are consistent with the need of older athletes to properly treat and recover from injuries and the need to take added caution to prevent wear and tear to bones and muscle systems that have experienced prior damage and that need more time to repair and recover.
- Collectively, the present results highlight the incidence and outcomes of injuries to those physically active and some of the psychological skills needed to assist those without injuries to prepare for continued training and for those with injuries to adhere to treatment protocols.