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## A Study of Running Injury Rates in College Age Track Athletes

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*University of Texas Permian Basin*

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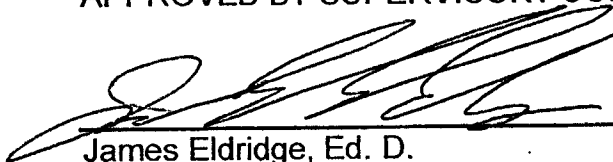
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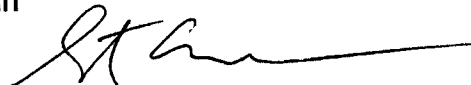
A STUDY OF RUNNING INJURY RATES IN COLLEGE AGE TRACK  
ATHLETES

SCOTT EMERSON

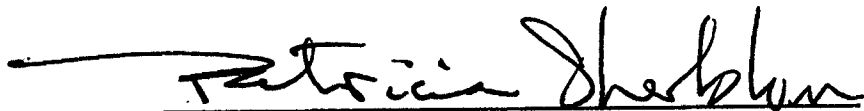
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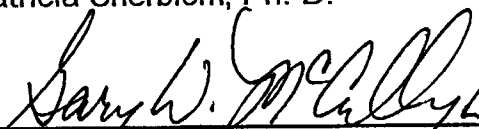
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**A STUDY OF RUNNING INJURY RATES IN COLLEGE AGE TRACK  
ATHLETES**

by

**SCOTT EMERSON**

**MASTER'S PROJECT**

**Presented to the Graduate Faculty of Kinesiology**

**The University of Texas of the Permian Basin**

**partial Fulfillment**

**of Requirements**

**for the Degree of**

**MASTER OF SCIENCE**

**THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN**

**AUGUST 2006**

## **ABSTRACT**

Emerson S.E. A Study of Running Injury Rates in College Age Track Athlete's. 2006. One hundred and twenty college age track athletes filled out a questionnaire on running and injuries. A 4-page questionnaire consisting of 33 questions divided in four sections: personal, activity, presence of a current injury, and injury history. Of the 120 athletes, 43 claimed they were currently injured, while 56 had suffered an injury within the previous 12 months. The most significant factors associated with a current running injury was having a previous injury within the past 12 months (.004) and running mileage (.027). The knee was the most common injury site reported in the study. This finding was similar to that of other reported studies.