

TEKO - Promoting Safety in School Sports via Internet and Education

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INTRODUCTION

In Finnish basic education sport injuries happen mostly in PE classes, in recess and on the way to school or home. Ball games and skating are the most common activities causing injuries.

A remarkable part of these injuries can be prevented by enhancing pupils motor skills and awareness of injury risks in schools and in leisure time, by increasing quality and contents of PE and health education classes, and taking care of safety equipment and environment in sports.

DEVELOPMENT

TEKO – Safety in School Sports project is part of the Sports and Exercise Safety in Finland program (LiVE). This nationwide implementation project produces educational material to promote physical activity levels in general and safety of sports and exercise in a nationwide setting.

The main target group for TEKO is secondary school teachers (grades 7 to 9). The project delivers national and international research findings to the schools by

- communication via website

www.tervekoululainen.fi

- further education.

In TEKO project the sports safety promotion is focused on ten different segments. These segments compose a model, “the Element-wall”, which teachers can leverage to build up the safety in sports in school context.

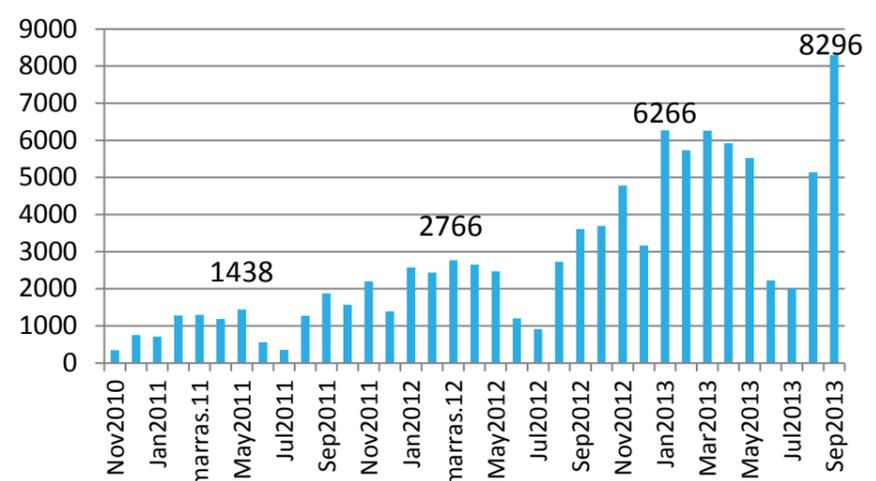


Figure 1. The Element-wall

TEKO has built up information packages and practical toolkits e.g. diaries, videos and PowerPoint slides for teaching. The education material has been developed precisely to adolescents by using their language, style and information channels. The material is available free of charge for all.

CONCLUSION

The websites attracts around 6 000 visits per month. The amount has risen constantly during the project (2010–2013).



Graph 1. Monthly visits at TEKO websites during November 2010–September 2013

A web-based evaluation survey was done in January 2013 to PE and health education teachers (n=900). The project is under evaluation based on the RE-AIM framework by using the survey and other project evaluation methods. The evaluation findings will be reported during spring 2014.

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