

Table 5E.3.3: Trends in Game and Practice Injury Rates for Combined 15 Sports, National Collegiate Athletic Association, 1989-1999 through 2003-2004

	Injury Rate (per 1000 Athlete-Exposures [1])	
	Game Injury	Practice Injury
	Rate [2]	Rate [3]
1988-1989	14.8	4.1
1989-1990	13.1	3.9
1990-1991	14.6	4.2
1991-1992	13.2	4.0
1992-1993	12.9	3.8
1993-1994	14.0	4.2
1994-1995	14.0	4.1
1995-1996	13.1	4.0
1996-1997	14.3	3.0
1997-1998	14.4	4.3
1998-1999	13.7	4.2
1999-2000	15.0	4.2
2000-2001	14.2	4.0
2001-2002	14.5	4.0
2002-2003	12.9	3.8
2003-2004	11.4	3.7

[1] Athlete-exposures are defined as one athlete participating in one game or practice.

[2] Game time trend $P = .78$. Average annual change = -0.3% (95% confidence interval = -2.5, 1.9)

[3] Practice time trend $P = .70$. Average annual change = -0.2% (95% confidence interval = -1.4, 0.9)

Source: Hootman JM, Dick R, Agel J. Epidemiology of Collegiate Injuries for 15 Sports: Summary and Recommendations for Injury Prevention Initiatives. *Journal of Athletic Training* 2007;42(2):311-319.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1941297/>

Reproduced with permission from *Journal of Athletic Training*, December 4, 2014.