

Table 6C.8: Game and Practice Injury Rates, 15 Sports, National Collegiate Athletic Association, 1988-1989 through 2003-2004

	Game Athlete-Exposures [1]				Practice Athlete-Exposures [1]			
	Total Number of Exposures	Number of Injuries	Injury Rate per 1000 Exposures	95% Confidence Interval	Total Number of Exposures	Number of Injuries	Injury Rate per 1000 Exposures	95% Confidence Interval
Division I								
Preseason	114,528	803	7.01	6.53, 7.50	4,903,695	35,710	7.28	7.21, 7.36
In season	1,963,708	31,883	16.24	16.06, 16.41	7,305,903	17,502	2.40	2.36, 2.43
Postseason	89,610	849	9.47	8.84, 10.11	390,538	622	1.59	1.47, 1.72
Total Division I	2,167,846	33,535	15.47	15.30,15.63	12,600,136	53,834	4.27	4.24, 4.31
Division II								
Preseason	56,590	356	6.29	5.64, 6.94	2,290,173	14,696	6.42	6.31, 6.52
In season	1,017,991	13,855	13.61	13.38, 13.84	3,138,541	7,013	2.23	2.18, 2.29
Postseason	45,747	388	8.48	7.64, 9.33	146,101	179	1.23	1.05, 1.40
Total Division II	1,120,328	14,599	13.03	12.82, 13.24	5,574,815	21,888	3.93	3.87, 3.98
Division III								
Preseason	115,725	562	4.86	4.45, 5.26	3,502,829	20,545	5.87	5.79, 5.95
In season	1,754,358	22,940	13.08	12.91, 13.25	5,472,374	12,625	2.31	2.27, 2.35
Postseason	85,831	680	7.92	7.33, 8.52	252,727	268	1.06	0.93, 1.19
Total Division III	1,955,914	24,182	12.36	12.21, 12.52	9,227,930	33,438	3.62	3.58, 3.66
All Divisions								
Preseason	286,843	1,721	6.00	5.72, 6.28	10,696,697	70,951	6.63	6.58, 6.68
In season	4,736,057	68,678	14.50	14.39, 14.61	15,916,818	37,140	2.33	2.31, 2.36
Postseason	221,188	1,917	8.67	8.28, 9.05	789,366	1,069	1.35	1.27, 1.44
Total All Divisions	5,244,088	72,316	13.79	13.69, 13.89	27,402,881	109,160	3.98	3.96, 4.04

*Wald χ^2 statistics from negative binomial model: game injury rates differed among divisions ($P < .01$) and within season ($P < .01$). Practice injury rates differed among divisions ($P < .01$) and within season ($P < .01$). Postseason sample sizes are much smaller (and have a higher variability) than preseason and in season sample sizes because only a small percentage of schools participated in the postseason tournaments in any sport and not all of those were a part of the Injury Surveillance System sample. Numbers do not always sum to totals because of missing division or season information. Spring football data are not included here.

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

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/>
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