



Young football player death in last century

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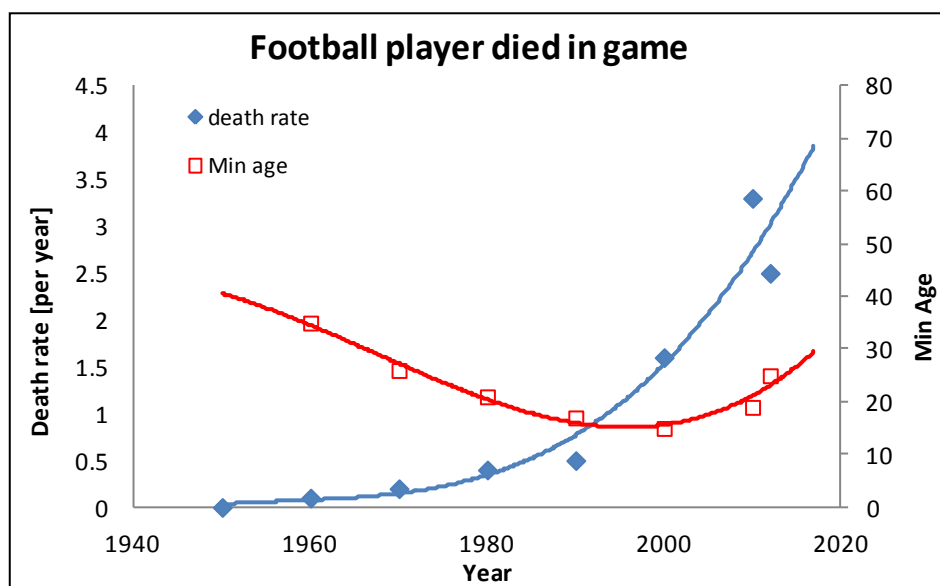
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Abstract

This paper presents the research on Football player death rate in last century which shows a tragic trend to young group in the past decade. Literature review has been undertaken on the cause of death on pitch and distribution across various age groups. Cardiovascular disease has been identified as the top killer and the methods to control or mitigate heart attack risks have been discussed therefore.

Figure 1. Statistical analysis of Football player death rate since 1950





Manchester is situated in North West England. The city is most notable to the world for its connections with sports, and with football in particular. Two Premier League football teams, Manchester City and Manchester United bear the city's name. Manchester City just won the Premier League champion of England this year ^[1], whereas Manchester United held the title of last year and won many trophies in the history of English football. There is no wonder that you can find a large population of football fans in the city.

However, football can be a dangerous sport. It is a full contact game and players get concussions, sprained ankles, pulled hamstrings, and broken nose very often. Players wear no protective gear so they get hurt easily. Some players even died on the field. According to the statistics ^[2], during the last century, 87 association football players died in a game. They were all very young, i.e. with age from 15 to 40. The major causes of death were cardiovascular diseases (46%), followed by external injuries (37%) as shown in Figure 2 below.

Major Causes - Football Player Died in Game

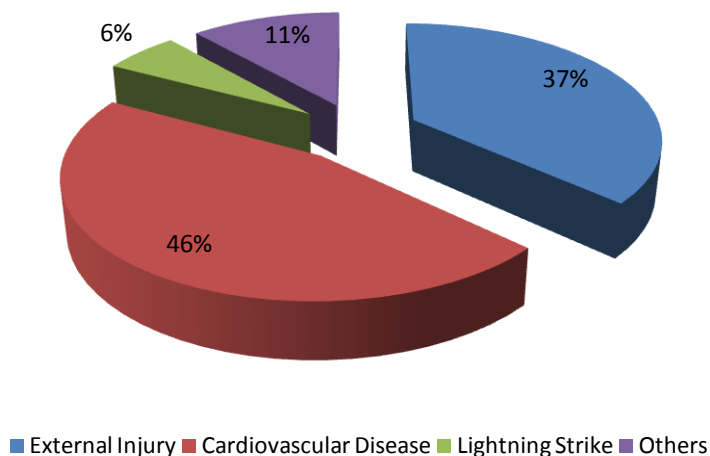


Figure 2

The trends also show that, in the early half of the century, external injuries were the major cause, while it was overtaken by cardiovascular diseases in the last few decades. See Figure 3.

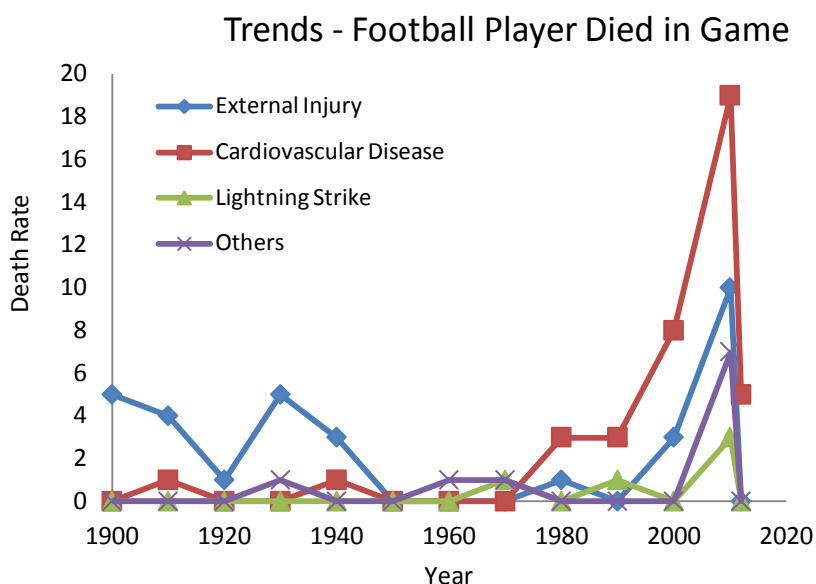


Figure 3

The death of football player in their young age is a symbolic phenomenon showing the heart disease risk to youth. Sudden death of young players is the most devastating event in the sport of football games. To prevent these tragic events from happening, some measures can be taken in advance. First of all, healthy lifestyle is important. A healthy person doesn't smoke, manages body weight, eats smart and exercises regularly. Secondly, regular physical checkup can help uncover the hidden cardiac problems. In addition, education on healthy sporting at school should also be encouraged. For example, the schools can teach topics on healthy diet, sports science, first aids knowledge, and general rules for injury prevention ^[3], etc. If appropriate measures are taken, many of the injuries and deaths CAN be prevented. After all, ***Prevention is Better than Cure!***

Survey shows 1/3 children in England aged 11-15 are now overweight or obese. In spite of junk snacks laden with fat, salt and sugar, inactive exercise is also harmful to kids turning their backs on fruit and vegetable., healthy eating should be a very important part of every child's day. vegetables and fruit contain essential nutrients that are important for their growth and development such as vitamin C and folic acid They



also have other plant substances that are thought important to help reduce the risk of some cancers and heart disease

<http://www.bhf.org.uk/heart-health/prevention/staying-active.aspx>

Being physically active doesn't have to mean long gym sessions or strenuous work-out regimes.

The type of activity that helps your heart most is called aerobic activity. Aerobic activity is a repetitive rhythmic exercise involving large muscle groups such as your legs, shoulders and arms. Your heart is a muscle and needs exercise to help it keep fit so that it can pump blood efficiently around your body. Studies suggest that being physically active in middle age can increase your life expectancy by two years, the same benefit as giving up smoking.

It helps control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you to look and feel great.

References:

- [1] www.guardian.co.uk/uk/2012/may/12/manchester-united-city-premier-league
- [2] en.wikipedia.org/wiki/List_of_association_footballers_who_died_while_playing
- [3] sportsmedicine.about.com/cs/injuryprevention/a/aa101801a.htm