Background

When discussing sports, we tend to put them into 2 groups, contact and collision sports. The general definition for collision sports are typically defined as those where athletes purposely collide with each other or with the ground. Now the general definition for contact sports, on the other hand, involves regular but less intense physical contact. These categories help guide decisions in areas like youth participation, safety measures, and medical guidelines. How a person classifies a sport into these groups varies depending on who you ask. They’re different groups that can have different interpretations such as medical professionals, athletic officials, or different sports organizations. This can lead to confusion when trying to compare potential injuries and risks across different activities.

For Instead of relying solely on pre-existing definitions, we’re using a data-driven approach to help clarify these classifications. By analyzing patterns in survey data of athletes, specifically, sleep and attention-related issues in athletes who have and haven’t experienced concussions, we can identify statistically significant differences between the two groups. These patterns help us determine which sports may align more closely with collision or contact categories based on real-world outcomes. The objective of this project was to bring a more data-driven approach to classifying these sports into collision and contact sports.