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Common sports injuries in athletics

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Abstract

The professional athletes need to be fitter today than those athletes in previous year. They compete more frequently and often at higher level, as witnessed by the speed with which records fall. The stress with which athlete's encounters by their bodies is enormous. The term "sports injury," in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warm-up and stretching. Although virtually any part of your body can be injured during sports or exercise, the term is typically reserved for injuries that involve the musculoskeletal system, which includes the muscles, bones, and associated tissues like cartilage. Athletic injuries may stem from a single traumatic episode or from repeated over-use of a body part. The status of the athlete at the end of the practice or competition to determine whether a reportable injury has occurred.

Keywords: Injuries, Sports and Athletic Etc.

Introduction

Professional athletes need to be fitter today than those athletes in previous year. They compete more frequently and often at higher level, as witnessed by the speed with which records fall. The stress with which athlete's encounters by their bodies is enormous. The term "sports injury," in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warm-up and stretching. Although virtually any part of your body can be injured during sports or exercise, the term is typically reserved for injuries that involve the musculoskeletal system, which includes the muscles, bones, and associated tissues like cartilage. Athletic injuries may stem from a single traumatic episode or from repeated over-use of a body part. The status of the athlete at the end of the practice or competition to determine whether a reportable injury has occurred.

Athletics

Athletics is vast and worldwide sport. It is an exclusive collection of sporting events that involves competitive running, jumping, throwing events and walking. The simplicity of competition and lack of need for expensive equipment makes athletics one of the most common competed sports in the world.

Significance of the Study

The investigator decided to under taken survey with the following purposes and objectives.

1. To study the nature and type of injury among the male athletes
2. Cause of sport injury
3. Prevention of sport injury

Delimitation of the Study

The study was delimited to male athletes of Bangalore city. For the present study 25 sprinters, 25 long distance runners, 20 jumpers and 20 throwers. The study further delimited to the physical education teachers and coaches as sours of information For the purpose of the data collection interview conducted keeping in view of purpose of the present study.

Limitation of the Study

Following limitations have been identified during the study. Athlete age, health and physical

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aspects, economical status, habits, coaching and training background may have some influence on the present findings and above factors were not direct concern of investigator.

Hypothesis

Not made any kind of hypothesis because this survey is descriptive and informative. Operational

Definitions

Sports injury: It is a kind of injury that most commonly occur during sports or exercise.

Sports Specific Injuries

Every sport predominated by some specific body parts and specific movement patterns that lead to some sports specific injuries. Within the context of any project that deals with research in the area of injuries, is the central question, what is an injury? The two most popular procedures for developing a definition of injury are accumulating medical diagnosis and time lost from participation. Injury may be because of Extrinsic /Exogenous causes of sports injuries or Intrinsic /Endogenous causes of sports injuries. An Injury Classified In To Acute And Overuse Leads To Chronic Injury.

Runners

Sprinters: Muscle tears and strain of quadriceps, hamstring and adductors of thigh. Shin splints. Joint injuries: Tearing of the medial and lateral collateral ligaments of knee.

Long distance runners: March fracture: Is a stress fracture of third metatarsal bone. Knee injuries: From simple sprain to periostetis of lateral femoral condyle. Heat injuries. Foot injuries: Bruising of soft tissues and metatarsal bones. Achilles tendinitis, tenosynovitis.

Jumpers

Broad jumpers: Bruised heels. Lower back injuries. Ankle and Knee sprain.

High jump: Patellar tendinitis. Low back injuries. Bruising of metatarsals. Stress fractures.

Pole vault: Muscle pulls especially in Hamstrings and Adductors of thigh. Bruising on the side of the leg. Ankle sprain.

Throwers

Discuss: Rupture of extensor tendons of terminal phalanges

Hammer: Injury to pectorals major, rhomboids. Injury to extensor of the back.

Javelin: Sprain of ligaments of elbow. Fracture of radial head and neck associated with olecranon fracture or dislocation of elbow. Dislocation of shoulder joint.

Shot-put: Muscular tear of the lower limb. Meniscus injuries of the knee. Muscle injury to the back. Sprain of ligaments of back. Rupture of extensors of the back and avulsion fracture of cervical and thoracic spines. Injury to bicep tendon. Wrist sprain.

General Preventive Measures

Education, Choice of sport, Proper Protection, Proper Clothing and foot wear, Environment. Balanced training,

Preparation: warming up etc. Technique, Fitness Warming up, Equipment and Obey rules.

Specific Preventive Measures: Individual Player Physical condition. Coaching. Attitude. Skill level and personality characteristics. Artificial turf versus natural grass. The athletic arena Balanced Competition.

Role of Coach and Teacher

Supervision the practice session is an important role of teacher/coach. Careful analysis of the individual skill development and correction of errors is also challenges to the teacher /coach, who may intensity of training or continue the skill repetition after giving feedback. Finally, the coach or teacher must exercise judgment in identifying actions which involve unacceptable risk to the athlete or the opponents.

Conclusion

The sports personals and coach/teacher must aware about cause of injuries, prevention of injury. Careful management by the coach can be effective in injury prevention.

Recommendations

1. Similar study may conduct on large scale.
2. Similar study may conduct on female athletes.
3. Similar study may conduct on different games and sports.

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