

Abstract

Title:

Evaluation and Analysis of Injuries in Athletic Throws in Official Clubs in the Czech Republic

Objective:

The main objective of this thesis is to analyze the incidence of injury among active athletes involved in official clubs of the Czech Republic. Determine the time of their genesis, frequency of injury, time of healing process and the search of connection between individual disciplines and injuries.

Method:

The research was performed using non-standardized questionnaire. The questionnaire was distributed to 15 athletic clubs - Extra League, The First League and The Second League. In total data from 145 athletes were analyzed. For the data analysis was used software Microsoft Excel 2010.

Results:

The total number of detected accidents was 403 injuries. The results show that the most commonly injured anatomical areas of the body was the ankle joint with 24%. The most common type of injury was soft tissue injuries of the joints of the upper and lower extremities. They make up 65% of all injuries. The most common injuries caused on the competition was injuries of the upper limbs, in the training was the most common injuries of the lower extremities. The largest representation had injuries classified as “medium severe” with continued treatment 8-21 days. Shot put throwers had the most commonly injured the ankle joint, javelin throwers the shoulder joint, hammer throwers the knee joint, discus throwers the ankle joint.

Key words: athletics, injury rate, questionnaire, Czech Republic