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SIGNS AND TYPES OF SPORTS INJURIES IN SPORTS CLUBS

Abstract: *one of the most important factors influencing the quality of sports club services is the competencies of the hired staff. It is also emphasized that special attention must be paid to the competencies of coaches in the field of injury prevention. Research aim – to analyze the literature and to reveal expression and type of sports injuries in sports clubs.*

Keywords: *injuries, coach competence, sprain, dislocation.*

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ПРОЯВЛЕНИЕ И ВИД СПОРТИВНЫХ ТРАВМ, ПОЛУЧАЕМЫХ В СПОРТИВНЫХ КЛУБАХ

Аннотация: *одним из наиболее важных факторов, влияющих на качество услуг спортивного клуба является компетентность его персонала. Отмечается, что особое внимание должно уделяться компетентности тренеров в вопросах предотвращения получения травм. Целями исследования являются анализ литературы и попытка раскрытия выражения и типов травм, получаемых в спортклубах.*

Ключевые слова: травмы, компетентность тренера, растяжение, смещение.

Introduction

According to the literature, a sports club is a special place, which operates in accordance with the adopted statutes, as a public or private organization, which gathers people of equal interest who want to improve their sports results or spend their free time meaningfully, and sports clubs can be divided into – open, large, small, commercial, etc., it depends on the nature of the activities of the sports club, the number of visitors and their mastery. One of the most important factors influencing the quality of sports club services is the competencies of the hired staff (Vieira & Ferreira, 2017). It is also emphasized that special attention must be paid to the competencies of coaches in the field of injury prevention (Freitas & Lacerda, 2018).

Research aim – to analyze the literature and to reveal expression and type of sports injuries in sports clubs.

Results and Conclusions

Researchers (Keogh & Winwood, 2016) have found that weightlifting sports such as bodybuilding, Scottish traditional games, powerlifting and crossfit are less likely to cause sports injuries than any team sport. In addition, the researchers found that the most common types of sports injuries in weightlifting sports are: muscle, ligament and tendon sprains, tendinitis (inflammation of the tendons) and arthritis (non-inflammatory disease of the joints and spine), cartilage degeneration, and the most common sports injuries are shoulder injuries, lower back, knee, elbow and wrist or hand areas (Keogh & Winwood, 2016). The researchers (Freitas & Lacerda, 2018) found that students suffered the most injuries from amateur sports, team sports, and boxing, and that the sports injuries they experienced were most likely to occur midway through sports, and the authors found that more than half of the athletes suffered at least one injury per season. Other researchers Z.Y. Kerr, C.L. Collins and R. Dawn Comstock (2010) found that sports activities with various mechanisms (barbell, other tools or machines) cause many injuries due to falling weights on the athlete, and researchers also found that the majority of athletes suffer injuries during exercises with

free weights (90.4%), also found that the most common sports injuries were sprains (46.1%) and that men were more likely to experience upper body injuries and women were more likely to experience foot injuries (Kerr, Collins & Dawn, 2010). Other studies (Cai et al., 2020) show that individuals are still more likely to experience lower body injuries (ankle, knee, hip, etc.) and muscle sprains during physical activity.

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