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# PROCEEDINGS



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# Injuries in Athletics and Sports

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## ABSTRACT

The physical fitting plays an important role in the sport life of an athlete. It plays an important role in day today life as the athletes have to compete more often at a great level. They have to undergo an enormous amount of tension in their life. The concept "sports injury" refers to the different types of injuries that mostly occur during sports or exercise. The athletes have to be updated and see at the end of the practice or competition and they have to determine whether a reportable injury has occurred or they are suffering from.

**Keywords:** Athletic, Exercise, Injuries, Practice, Sports, Training.

## 1. INTRODUCTION

In the profession of athletes, they need to be fitter today and tomorrow than those in last year. The athletes have to compete often at higher levels to fall the records with competent speed. They have to encounter the stress with which is enormous. The concept "sports injury" refers to the different types of injuries that mostly occur during sports or exercise. There are various reasons of sports injuries such as injuries from accidents, poor training practices, improper equipments, lack of conditioning, insufficient warm-up, and wrong way of stretching or lack of stretching. This term is typically reserved for injuries that involve the musculoskeletal system. It includes the muscles, associated tissues such as cartilage, bones, etc. Athletic injuries caused due to a single traumatic episode or from repeated over-use of a body part. The athletes have to be updated and see at the end of the practice or competition and they have to determine whether a reportable injury has occurred or they are suffering from.

## 2. ATHLETICS

Today athletics is acknowledged as a vast and worldwide sport. It includes a collection of sporting events such as running, jumping, throwing actions, and walking. The athletes need of good quality equipments and the need for expensive equipment. It makes athletics one of the most common competed sports in the world. Today, it has acclaimed throughout the world and it needs a great devotion and hard work.

## 3. SPECIFIC INJURIES IN SPORTS

Every sports activity consists of some specific body parts and specific movement patterns, which leads to some sports injuries. From the research point of view, now the question is what is an injury? The two most important procedures of budding a definition of injury are expanding medical diagnosis and time lost from participation. Injury may be caused of extrinsic/exogenous or intrinsic/endogenous causes of sports injuries. These injuries are classified into acute and overuse, which leads to chronic injury.

### 3.1. Runners

- Sprinters: It creates problems such as muscle tears and strain of quadriceps, hamstring, and adductors of thigh which turns into shin splints, 121 joint injuries, and tearing of the medial and lateral collateral ligaments of knee.
- Long-distance runners: March fracture causes problems like stress fracture of the third metatarsal bone. It also includes knee injuries like simple sprain to periostitis of lateral femoral condyle. Another injury such as heat injuries, foot injuries, bruising of soft tissues and metatarsal bones, Achilles tendinitis, and tenosynovitis.
- Pole vault: It creates problems such as muscle pulls specifically in hamstrings and adductors of thigh. It also brings out the difficulties such as bruising on the side of the leg and ankle sprain.

### 3.2. Throwers

- Discuss: It causes the exigencies like rupture of extensor tendons of terminal phalanges in human organs.
- Hammer: The sportsperson may suffer from injury to pectorals major, rhomboids, and injury to extensor of the back.
- Javelin: The javelin throw may create problems like sprain of ligaments of elbow. It also maintains the difficulties such as fracture of radial head and neck associated with olecranon fracture or dislocation of elbow as well as dislocation of shoulder joint.
- Shot put: The shot put sport type may bring out the different problems such as muscular tear of the lower limb and meniscus injuries of the knee. It also comprises muscle injury to the back, sprain of ligaments of back, rupture of extensors of the back, and avulsion fracture of cervical and thoracic spines. It also results in injury to bicep tendon and wrist sprain.

### 3.3. Jumpers

- Broad jumpers: The broad jumpers may suffer from problems such as bruised heels, lower back injuries, ankle injuries, and knee sprain injury.
- High jump: There are the problems caused due to high jump are patellar tendinitis, low back injuries, bruising of metatarsals, and stress fractures.

### 3.4. Preventive Measures from Injury

There are different preventive measures or ways to avoid physical injuries. They are education of particular sport type, proper choice of sport, proper protection taken during the games, use of proper clothing footwear, and suitable environment. Besides, there should be balanced training, preparation before the games such as warming up and exercise. The sport persons have to follow the

techniques, fitness warming, suitable equipments, and obeying rules. Some more preventive measures taken during the games are individual player's physical condition, proper coaching, and attitude. Besides, skill level and personality characteristics. One has to also think about artificial turf versus natural grass and the athletic arena balanced competition.

## 4. ROLE OF COACH

There are a great role, guidance, and proper supervision of the practice session which is an important role of coach or a sport teacher. There should be a careful analysis of the individual's skill development and correction of errors during the different games has also challenges to the coach. He must give or supply the proper feedback at the proper times. At last, the coach or a sport teacher ought to exercise judgment in identifying actions involving unacceptable risks to the athlete.

## 5. CONCLUSION

While dealing with all the above problems, difficulties, the sports personals, and the coach or teacher must be aware of the different causes of injuries and preventions of injury. There should be proper guidance and careful management by the coach which can be very useful and effective in injury prevention. It gives great help to avoid such problems during the practice and actual games.

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