

Abstract

Title: Incidents and injuries during parkour classes in parkour gyms.

Goals: The aim of this work is to find out and compare the rate of injuries in guided parkour lessons in In Motion Academy s.r.o. and other sports.

Methods: Quantitative analysis of data from the book of injuries issued by individual branches of the company In Motion Academy s.r.o. from the school years 2016/17 to 2018/19 and their subsequent statistical processing. Use of the NACA scoring system to assess the severity of injuries. The research group consists of visitors of lessons of different sex, age groups from 6-45 years and with different levels of skills and fitness.

Results: During the periods 2016/19 and 2017/19 in In Motion Academy s.r.o. a total of 103,985 hours of parkour training were taught. Total of 179 injuries were recorded, and the injury rate per 1,000 hours of activity was 1,721. The most critical age category in IMA is adolescents and adults with an injury rate of 2,022, which is also the lesson with the highest severity score of 1,74. On the other hand, the junior lessons proved to be the least risky 1,777 and the lessons with less severity of injuries is Benjamin 1,43. The part of the body where the injuries occurred most often is ankle 24% of all recorded injuries. Head injuries occurred in 20.1% and hand injuries in 13.4%..

Conclusion: The result of this work is a well-arranged summary of the frequency and severity of injuries resulting from guided parkour lessons in individual branches of In Motion Academy s.r.o

Keywords: parkour, freerunning, parkour history, parkour training, injuries parkour coaching, parkour lessons