

## **Abstract**

**Title:** Common boxing injuries

**Objectives:** Description of the causes of injuries and summarize the common frequent injury in training and matches of amateur and professional boxing.

**Methods:** In this work was used the scientific method of the questionnaire and subsequent evaluation of analytical and synthetic data. Data analysis method was used in the theoretical part, which analyzed the literature and empirical part where the points were analyzed questionnaire, based on the graphical representation. Synthetic method was used to compare different points of the questionnaire and discussion work. In the study subjects are evaluated frequency of injuries in boxing, the causes of injuries and recovery time.

**Results:** Through a questionnaire survey it was found that most frequently injury takes place a injury of the facial part of boxer's head. It was found 57% of all injuries in boxing in the facial part and it is a minor abrasions or bruises that do not affect the athlete's performance.

**Keywords:** box, injury, joint, contest