

**TITLE**

Injury rate in female artistic gymnastics

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**ABSTRACT**

This work deals with the issue of injuries in women's artistic gymnastics. The principle for elaboration is to map and compare injuries in gymnastics during sports training and competitions, from the perspective of individual gymnastic tools. Furthermore, the work deals with the inclusion of compensatory exercises in sports training, severity of injuries, treatment and subsequent rehabilitation. The first part of the elaboration includes a detailed overview of the required theoretical background. The theoretical section contains information regarding the history of sports gymnastics, the Czech competitive gymnastics program, including the evaluation of gymnastic assemblies and overview of individual gymnastic tools. Furthermore, the theoretical work focuses on the concept of injuries, regeneration and rehabilitation. In the second part of the work there is separate research. The research includes more information about women's injuries in sports gymnastics. Using the questionnaire method, it is established whether injuries occur more frequently at training or in the race, on which tools injuries occur most frequently, whether regeneration procedures are included in the training and other insights that map trauma in women's sports gymnastics.

**KEY WORDS**

artistic gymnastics, injuries, tools, recovery