

Abstract

Title: The impact of head injuries on the olfactory function and quality of life of boxers

Boxing is one of the most widespread amateur and professional martial arts with a long Olympic tradition. Practicing boxing has numerous positive benefits, such as increasing physical fitness, but in comparison with other sports, injuries are common in boxing, especially in the head area, which often have serious consequences and impact on many aspects of quality of life. The aim of this theoretical bachelor's thesis is therefore a literature review of current research in the area of the incidence and severity of head injuries in boxing, the relationship of head injuries with olfactory disorders and loss of smell and their overlap into the quality of everyday life.

Fractures and laceration of the nose are common boxing injuries, while the most serious are brain injuries such as concussions or contusions accompanied by bleeding. Such head traumas can cause olfactory disorders or loss of smell and taste. Although these senses are not usually considered very important in the public eye, their functioning has a major effect on many areas of everyday life, such as personal hygiene, diet, environmental hazard detection, mental health, or interpersonal and social relationships. Future scientific research needs to be devoted to the connection between head injuries suffered in boxing and olfactory dysfunctions.

Keywords: Concussion, olfactory loss, injury, health consequences, boxing