

Abstact

Title: Incidence of injuries in the Czech athletics national team

Objectives: The aim of this diploma thesis is to determine the frequency and location of injuries in athletes of the Czech national team, whether their injuries recur and, if so, the types of injuries that recur more often. I also examine how and how often their recovery takes place. Also whether the frequency of visits to individual procedures within the annual training cycle changes.

Methods: We performed an exploratory method using a questionnaire survey. The questionnaire has open, closed and semi-open questions. Then we evaluated the results of the questionnaires from the respondents using a quantitative approach.

Results: We recorded the most common injuries occurring in athletes. The most common injuries in athletes are hamstring tearing, stretching or tearing of the Achilles tendon, ankle sprain and stress fracture.

Keywords: athletics, Czech national team, injuries, regeneration methods