

Abstract

The main topic of this thesis is pain and injury. The research on these two phenomena, which are closely related to elite and high performance sports, was conducted in the environment of a training group of elite athletes – throwers. The aim of the thesis is to describe how these researched athletes react and how they experience pain and injury. Pain and injury are two distinct concepts that may or may not occur together. Pain is a more subjective phenomenon, whereas injury tends to be viewed more objectively. Athletes test the limits of the human body in training and competition, and it is very common for both of these phenomena to occur. A culture of risk-taking is also associated with testing the limits of the body, which is also included as a research subquestion in the thesis. In order to gain a more comprehensive view of the researched issue, not only the athletes themselves, but also the coach, sports doctor and physiotherapist were involved in the research. Qualitative methods were used during the research, which consisted of observations, interviews and document-based data.