

Abstract

Title: Neck strength as injury prevention in team contact sports

Objectives: The main objective of this bachelor's thesis is to gather and process information from professional and scientific articles or publications focused on the issue of neck strength as a prevention of head injuries in contact team sports through a literature review. Based on these findings, the aim is to create an overview on head injuries and their prevention through strengthening neck muscles.

Methods: The primary prerequisite for the expert and high-quality processing of this literature review was obtaining sufficient information on the given issue, primarily from foreign sources.

Results: The final thesis, based on the literature review, presents how literary sources address the issue of head injury prevention through neck muscle strengthening. A total of 47 foreign sources were used. The work shows that strengthening the neck muscles can significantly reduce the risk of concussions and other serious head injuries by improving the stability and resilience of the neck during impacts. The researched methods of neck strengthening include isometric and isotonic exercises, training with elastic resistance bands, and specific stretching exercises. The work also emphasizes the need to individualize training programs according to the age, gender, sports discipline, and physical abilities of the athletes.

Keywords: Neck strength, concussion prevention, sports head injuries