

## **Abstract**

**Title of thesis:** Injury rate in female artistic gymnastics.

**Objective:** Using the questionnaire method to discover what injuries are the most common in female artistic gymnastics, to ascertain if they occur more frequently during training or competition and whether coaches put emphasis on regeneration of their charges.

**Methodology:** For the research, an exploratory method was used, via the technique of nonstandardized

questionnaires with open questions. 15 questionnaires were sent by email, of which eight were returned, fully completed and further adapted.

**The results of the work:** The result of the work is that the most injuries occur during the training cycle, fewer during the competitions. The greatest number of accidents occur in the age category around nine years old and the most problematic apparatus, according to the coaches, is the beam. The positive side is that in no case did coaches say that the female gymnast had to end her sporting career. On the other hand the biggest gap in the training process in almost all surveyed clubs is the follow-up regeneration. In many cases this is underestimated because the coaches often have no spare time.

**Keywords:** female artistic gymnastics, body type, regeneration, injuries, vertebral problems, questionnaire.