

Abstract

Title: The power fitness training in professional women volleyball and its impact on health of the players

Objectives: Main target of this paper is to evaluate injuries which occur to the volleyball players of the Czech First volleyball league and their connection with the power fitness training which is regularly practiced by these players.

Methods: For detection of the most common medical issues and parameters of the power fitness training of the players of the Czech First volleyball league has been used method of survey. Correlative-predictive method has been used for studying possible connections between medical issues and power fitness training.

Results: The most typical injuries among Czech volleyball players are located in the area of hock joint. An occurrence of the medical issues with non-traumatic character is usually located in the area of shoulder and knee joints. Above mentioned medical issues connected with training at the gym shows that there is a deficit in certain parameters of the power fitness training. This deficit mainly refers to insufficient individualization of training, insufficient supervision of technical performance of exercises and ignoring pain during power fitness training.

Keywords: volleyball, medical issues, training at the gym