Abstract

Title:
The most common aerobic injuries, their prevention and follow rehabilitation.

Objective:
The aim of this thesis is find and introduce main type of injuries, frequency and length of the recovery of aerobic competitors of I., II. and III. FISAF class. Assess injuries and find out preventive measures used by competitors.

Methods:
In this diplomé thesis was used literary review in theoretical part of thesis and method of written questioning was used in non-standardized questionnaires. This method was used to analyse the most common injuries, preventive measures before injury and find out competitors experience with physical therapy. The questionnaire was distributed to 21 aerobic clubs which contest in 1st, 2nd and 3rd aerobic FISAF class. For data analysis software was used Microsoft Excel for Windows 2013.

Findings:
Acquired data showed that in season of 2016 was injured 91 competitors of 157 participant researchers. The most common area of injury aerobic FISAF competitors of 1st, 2nd and 3rd class was in 57% pelvis and lower extremity area. Detailed analysis showed that 24% of injury was in the ankle joint. It was founded 56% injuries happened during training practices. 74% competitors, said, that they are using preventive measures during practising. 65% of whole competitors has previous experience with physiotherapy.

Keywords:
aerobic, sport, injury, prevention