

## ABSTRACT

Title: Injuries in women's artistic gymnastics

Objective of the thesis: The objective of the thesis is to document the injury rate in female artistic gymnasts of the Czech Republic's national team.

Method: The information was collected by questionnaires that served to monitor the gymnasts' injuries from the beginning of their sports career. The subjects were 15 gymnasts with an average age of 16 years (s.d. 2,8) and an average sporting career of 11 years (s.d. 3). A qualitative interview was conducted with the national team coach.

Results: The thesis results summarising the most frequent injuries in artistic gymnastics comprise an analysis of the questionnaires and the qualitative interview with the national team coach. Among other things, the findings have revealed that an injury most often occurred during the training (59,0 %; n=42), the most common injury being fractures (35.7 %; n=42), and the lack of concentration and caution was reported as the most frequent cause of injury (59.5 %; n=42).

Keywords: artistic gymnastics, women's national team, injuries, questionnaires