

Abstract

Title:

Monitoring the number of injuries in volleyball specializations and their prevention

Objectives:

The aim of the bachelor's thesis was to monitor, which player specialization is most burdened by the number of injuries and what prevention they use.

Methods:

To obtain the necessary data, the method of expert finding in the form of a questionnaire was used. Hypotheses were established, the obtained data were processed into graphs and the results were determined. Then the results were compared with hypotheses and with foreign and Czech literature.

Results:

I have found that the most affected position by injuries is middle blocker. The highest incidence of acute injuries is in the area of fingers and ankles. Players most often have chronic problems with their knees and shoulders. In terms of prevention, I found that volleyball players most often use regeneration in the form of other sports activities and that the length of their initial warm-up does not correspond to the theoretical basis.

Keywords:

volleyball, prevention, injury, regeneration, load, warm-up