

Abstract

Title: Prevention of health risks among tennis players

Objectives: The aim of this thesis is a summary of the issues of health risks among tennis players and their prevention. At the same time, the thesis should provide preventive measures usable in practice.

Methods: The bachelor thesis is processed as a theoretical thesis in the form of literary research using databases such as EBSCOhost, Google Scholar and other available literature. The thesis summarizes all theoretical background and knowledge dealing with the issue of health risks among tennis players and their prevention. At the same time, the thesis has descriptive – analytical character and contains an analysis of these studies.

Results: Processing of the available literature and online resources has created a comprehensive insight into the health risks among tennis players and their prevention. This thesis provides information on types of injuries, frequency and incidence with respect to age, gender or surface of the tennis court. It has been found out what preventive procedures and remedies against health risks among tennis players can be used and what injuries are the most common.

Keywords: injury prevention, epidemiology, tennis