

## **Abstract**

### **Thesis title:**

Evaluation of Common Injuries and Determinants of Participation in the Programme of a Running Institution.

### **Aim of the thesis:**

The aim of the research is to evaluate the most common injuries for women in an amateur running organization and their possible causes. The partial goal is to evaluate key determinants of female runners' enrollment in the training courses.

### **Methods used:**

The diploma thesis contains theoretical knowledge acquired from Czech and foreign literature. In the work, the method of questionnaire survey was used which covered female runners in a selected amateur running organization. In total, 106 questionnaires were evaluated using Microsoft Excel and its functions.

### **Results:**

Out of the total of 106 female runners, 38 were injured, representing 35.8 %. The most common injury in a selected running organisation were ankle distortions (34.2%), further, painful lower leg syndrome (23.7%) and, in the 3rd place, muscle injuries (21.1 %). Among the most common causes of injuries was stepping wrong, as well as uneven surface or a significant increase in the running distance. The key determinants of female runners' enrollment in training courses included "compelling myself to regular running", improving physical condition, improving running technique and losing weight.

### **Keywords:**

amateur running organization, running, injuries, causes, determinants