



Injury prevention in athletics

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ABSTRACT	The article says that the effectiveness of athletics largely depends on how much the teacher will pretend to be his planned plan, apply the most rational methods of organizing activities and methodological techniques, productively use the equipment, inventory, technical teaching aids, taking into account the places conducting classes, temperature conditions, preparedness of students, their age and individual characteristics. When organizing and conducting athletics classes, it is especially important to ensure their safety. Be sure to instruct students on safety.
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Creating a safe environment in athletics is an integral part of the learning process. The teacher should be aware that there is an element of danger during the lesson. These natural risks must be kept in mind and, if possible, eliminated or minimized. Some types pose a greater risk to students than others. However, injuries are at some point an inevitable consequence of activities, no matter how safe the environment is. The teacher must be able to deal with them quickly and correctly. There are two causes of injury. One may be caused by some kind of traumatic incident, the other may be caused by overvoltage. Acquired skills play a huge role in ensuring safety. Skills are not only the athlete's physical control over doing what their brain dictates, but also the ability of the mind to see the situation, learn about the possible risk and minimize it. The state of tension and anxiety can disrupt the reflex nature of a learned skill and increase the risk of injury. Fatigue can also lead to the destruction of the skill. It can occur during a normal activity or as a result of a high load. The teacher must recognize the signs and

symptoms of fatigue and reduce the level of stress before injury occurs.

No skill by itself will fully protect an athlete, because if he performs a load that exceeds his level of general fitness, he is at risk. Increasing the level of physical fitness reduces the risk of injury in two ways. Firstly, due to its effect on muscles, ligaments and joints and, secondly, due to an increase in overall endurance, therefore, an athlete can endure the load of the entire session without fatigue.

There are five main components of physical fitness: strength, speed, endurance, coordination and flexibility. Each of them must be raised to a sufficiently high level to perform the required type of activity.

Taking strength as an example, muscles become stronger when they are forced to work. Strength training must be tailored to individual requirements, and the most appropriate muscle training is the frequent repetition of exercises necessary to master the skill. Properly strengthened muscles are more resistant to injury.

Endurance includes both muscle endurance and cardiovascular endurance. The development of endurance during physical training is a prophylaxis against fatigue. Injury statistics for all sports show that injuries are more likely to occur when an athlete is tired.

Flexibility is an important part of muscle conditioning and can play a role in injury prevention if done at the right time. Tight muscles are at risk of tearing, for example, the hamstring, but they need to be warmed up with active, dynamic mobilization exercises.

Increasing the level of physical fitness reduces the risk of injury. Prevention of sports injuries may seem like a serious problem, but it can be boiled down to one word "responsibility". Responsible attitude to the lessons of the teacher and students can play an important role in the prevention of injuries. The teacher is responsible for ensuring that the student, according to the level of physical condition, can do athletics, do not overexert himself, use good equipment and follow the rules.

The main factors that can lead to injury are:

1. Low air temperature, high air humidity, strong wind;
2. Being in the throw zone while throwing a small ball, grenade;
3. Performing exercises in running, jumping and throwing without warming up, which can lead to stretching, tearing of the ligaments and muscles of the musculoskeletal system.

In athletics, the following injuries are possible: sprain of the elbow and shoulder joints when throwing a small ball and grenades, sprain of the ankle and knee joints, sprains and tears of the biceps and quadriceps femoris muscles when running short distances at maximum speed. In long jumps and high jumps; heel bruises during repulsion in high and long jumps, inflammation of the periosteum of the tibia, muscle pain, weakening of the arch of the foot.

In track and field exercises, sometimes there is a "gravitational shock" in the form of a short-term loss of consciousness as a result of a sudden stop of the student after an intense run, when blood circulation slows down and, therefore, the flow of oxygen to the brain decreases. When organizing and conducting

athletics classes, safety measures must be observed.

Warm-up. Warm-up is carried out in order to functionally prepare the body for the upcoming main work. As a rule, the warm-up consists of slow running, a set of general developmental exercises, special running and jumping exercises, and running with acceleration.

The duration of slow running is 5 - 8 minutes. In the hot

In cold weather, it decreases, and in cold weather it increases. After running, general developmental exercises are performed for 6-8 minutes.

The following methodological rules must be observed:

When warming up, the main muscle groups are alternately affected (from top to bottom) and the load gradually increases: sipping; exercises for the muscles of the arms and shoulder girdle; exercises for the muscles of the trunk and legs; jumping; breathing exercises and relaxation exercises.

The selection of exercises should be correlated with the upcoming main activity in the lesson. Exercises for coordination mechanisms and the nature of physical activity should correspond to the characteristics of the main exercises.

Special running exercises are performed to prepare muscles and ligaments for intensive work, to correct running technique and to adjust to work. Enough 5-7 exercises for a distance of 30-40 meters, 2-3 series.

Run. Before class, inspect and clean the track. Run in only one direction. In a group start for short distances, run only in your own lane. Beyond the finish line, the track must continue for at least 15 meters. And in order to avoid collisions, exclude a sharp stop at the finish line.

Long jump. The landing site must be well prepared. Fill the hole with sand. If it is compressed, dig deep enough, loosen, level. Check if there are any traumatic objects in the sand (glass, chips, stones, etc.). Rakes and shovels should be no closer than 1 m from the jump pit. Lay the rake on the ground with the teeth down.

Injuries can be caused by a wet or protruding take-off bar. It is also dangerous to jump if the track is uneven, loose, or slippery.

Running long jumps along one lane or two lanes with a short distance between them can lead to collisions. Even a wide sand pit that allows the use of 2 lanes is not a guarantee of a safe landing. The student who jumped first may fall to the side and end up at the landing site of another student running nearby. A parallel run is only possible if the distance between the run lines is sufficiently large.

High jump. If they are held in the gym, it is necessary to correctly lay the gymnastic mats at the landing site; the takeoff and takeoff points must be level and dry.

Sometimes two athletes start running from different sides at the same time. In flight or upon landing, they may collide. Therefore, the order of jumps should be regulated. To allow students to jump first, running up from one side (jumping leg - left), and then students running up from the other (jumping leg - right). To avoid injury, you should not rush to raise the bar to the maximum height for those involved. If classes are held in an open area, then at the landing site it is necessary to make an elevation of sand and dig it up regularly.

Attention! Long jumps and high jumps cannot be performed in ways that are not provided for by the curriculum or competition rules.

Throwing a small sword, grenades. It is necessary to include in the warm-up exercises to stretch the muscles and ligaments that are actively involved in the throw. Do not carry out oncoming throws. It is advisable to perform the exercises in a line open to outstretched arms, and if this is not possible, arrange the groups so that there is a sufficiently large distance between them. Strictly establish the order of throwing shells. After all students have completed the throwing, give the command to collect shells.

Before performing throwing exercises, make sure that no one is in the throwing sector. Do not throw without the permission of the teacher, do not leave sports equipment unattended. You can't stand to the right of the thrower, be in the throwing zone, go after throwing projectiles without the teacher's

permission, give a projectile for throwing to each other with a throw.

In order to avoid injuries to the elbow joint, it is necessary to ensure that during the throw the hand with the projectile passes over the shoulder, and not across the side.

Safe, properly made equipment is important to prevent injury. Often the cause of injury is broken or faulty equipment. The teacher and students are obliged to properly and regularly care for the inventory.

After an athletics class, sports and other equipment should be put away in a place specially designated for storage.

Students should never be allowed to chew gum in athletics. During exercise (running, jumping), the rhythm of breathing quickens, and the chewing gum in the inhalation phase can get into the throat, the outcome can be very sad.

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