

ORGANIZE SPORT TRAININGS AND INJURY REDUCTION MEASURES

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ABSTRACT--*This paper presents an overview of sport training organization, injures during the trainings, the main reasons of injures that adversely affect athlete's activity, the analyses of weight of musculoskeletal system as well as offers recommendations and suggestions that should be given special attention.*

KEY WORDS-- *modern sport, injuring, musculoskeletal system, sportsman, sport injuring, warm-up, athlete's activity, trainings, wrestler, single combat.*

I. INTRODUCTION

Notoriously, in sports, particularly in professional and high-level sport forms, athlete's activity occur with overstrain by internal and external force of musculoskeletal system [1]. Trainings, group exercises and competitions direct to strong, dexterous, practiced and high level athletic techniques. Incidentally, the lack of moral and physical trainings and sport skills at the beginning, ending and during the competitions and sportsman flicks can cause injuring.[1]

Sportsman musculoskeletal system has peculiar qualities related to chronic diseases of sport activity, features of trainings, preparation period, age, skill of sportsman, morphologic, anthropometric, anatomic-functional specifics [2]. Besides start time of specializing and sport activity duration can be added to this list. Chronic diseases of joints found in cyclic and sport games, microtrauma tenopathic of specific joints of knee caps. In these sports chronic diseases of mionetics system also can be seen. Heel diseases (longitudinal and flatulence) also founds in sportsman who training in cyclic sports. Thus, specific features of any sports, musculoskeletal system acute and chronic injuring and diseases, and rations are reflected in individual differences.

II. THE MAIN HYPOTHESIS OF RESEARCH AND RESULTS

Trainings and hardening exercises of modern sports weakens immunity system of sportsmen and opens their body to different infections, viruses and bacterium and also complicates treatment process. For example, diseases as sore throat and cold happen with well-prepared sportsmen than sportsmen. The sick athlete is in a state of pain for a long time and is prone to recurrence. Additional factors that weaken the immune system are various stress conditions that are specific to sports.[3]

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Losing sport time effects trainings negatively and leads destroying sportsmen body It is recommended to classify sports injuries from this position: minor (not to miss more than a week of training), medium (not to miss 1-3 weeks of training), serious (training lasting more than 3 weeks). Most injuries typical of modern sports are insignificant (71%), 20% moderate, and 9% serious [4].

Unknown injuring that is not determined during the analysis is a huge damage for sportsman. As an example, in the competitions using ice and analgesics are in wide use. These therapies block painful receptors of cardiovascular and respiratory reflex and provide necessary conditions for the next injures. [5]

Altogether, it must be underlined that preventing diseases and injures is closely connected with sport and pedagogical direction, athletes training and their competitive ability, enhancement competition rules, the quality of the referees, the condition of sports buildings and equipments and etc. [6]

Preventing injuring should connect several spheres as organizing, material and technical, biomedical, psychological, sport and pedagogical. In each of them there are huge opportunities in damage reasons, preventing sport injures, short and effective ways of injures curing and recovering and also increasing training efficiency.

Sport injures as a rule divides into 2 groups: external and internal reasons. (1 chart)[6,7]. It is important to know them in special sport games in order to prevent injuries

1 chart

Table 1: Harmful reasons for sport injures

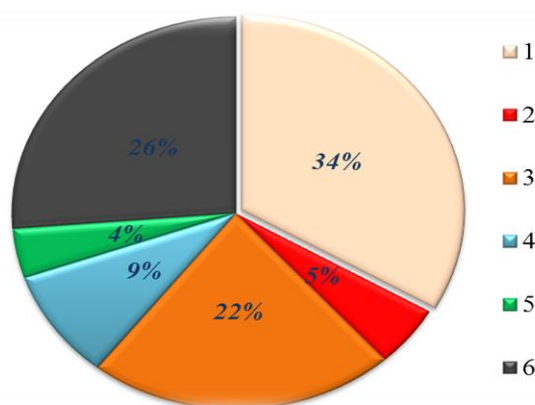
External reasons		Internal reasons	
		No effect	Effects
Sport (with or without contact)	The square of playing field	Previous injures	The level of readiness Previous sports Flexibility Strength Stiffness of joints Biomechanics Warm-up activities Проприоцепция Spiritual (spiritual-social reasons)
Rules	Weather	Age (stage of development)	
Game time	Season	Sex	
Game standard	Day time	Samotype	
The role of the game	Sport uniform (special shoes)		

The efficiency of preventive measures of sportsmen and referees directly related to causes that leads to illness and injures. While organizing and conducting trainings and competitions with high level in modern sports it should be take into account the harmful reasons. [8]

Recording, studying, minding and analyzing the causes of accidents in all movement-related sports, enable to prevent, to finance the development and implementation of measures that ensure a mild remedy from disease, as well as forecast the amount of insurance funds.

In addition to the development of sports in Uzbekistan, legal and regulatory technical documents have been created and applied on the procedure for investigating accidents which are happen with sportsmen during professional and amateur sports and trainings in sport educational institutions, examine and consider injures.

It is important to process the development and implementation of special types of personal protective equipments in order to prevent, facilitate and reduce injures. Especially, hand fingers, wrists and joints of sportswomen are an important prevented and facilitated factor. According to the literatures about sport injures we can list the main reasons of injures. That is, not warming the body well before face to face struggle, not finishing warm-up activities, and inconsistency of training area, consciously or unconsciously commit prohibited actions of opponent, lack of sport techniques, defy or ignore defensive methods of defeating when it's necessary and defending the opponent from falling. 1 figure shows the results of researches among wrestlers according to the reasons that are listed above. Analysis show that a great amount of injures cause by not enough warming the body or not finishing warm-up activities before trainings, competitions or face to face fights.



1-not warming the body(34%); 2- inconsistency of training area (5%);
3- prohibited actions of opponent (22%); 4- lack of sport techniques (9%); 5-other reasons (4%); 6-sportsman
doesn't know the reason (26%).

Figure 1: The reasons of body injures of sportsman.

Besides, one of the main causes of injuring is non-acquaintance with methods before and during the fight. Consciously or unconsciously commit prohibited actions of opponent have a considerable importance among the harmful reasons. Lack of sport techniques and inconsistency of training area are also have a great damage as it is shown in figure 1. This information should be taken into account before competitions or during training.

Quick return of sportsmen and referees after injures complicates the fast remedy and rehabilitation process and in most situations can cause worse injury. In different sport games the bitter problem is injuries on the spinal column under the influence of shock and static weights. Spinal column injuries are common among gymnasts, basketball players, volleyball players, track and field athletes, archers, weightlifters. [9]

III. RECOMMENDATIONS AND SUGGESTIONS FOR REDUCING INJURIES

In the research process the following recommendations and suggestions can be given which are based on results of deeply analysis of injuries in the field of sport and physical training and recorded first causes.

1. To develop and implement into practice unit e-system of study and registration of injuries and occupational diseases in sports and records of accounting statistics.
2. First years of sport training are marked by serious physical and mental strain, so it is very important that daily trainings should be only 2-3 hours.
3. To organize sports rules, requests for organizing training exercises according to the microclimate of sport buildings and weather conditions sanitary and hygienic requirements.
4. The elimination or drastic reduction of sports injuries will be achieved through the promotion of the requirement for sports equipment and facilities, the requirements of the legal and regulatory documents on labor protection and safety among athletes.

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