

## Sports, Physical Activities and Injuries

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### Abstract:

*This paper entitled "Sports, Physical Activities and Injuries" focuses on the inter-relation between sports, physical activities and injuries. Nowadays significance of sports has been increased by involving various games. The consequent upsurge in sporting activity and the intensity of training has caused a corresponding increase in sports injuries, both from acute and overuse trauma. Classification of injuries, causes and prevention has been described in this paper as per its intensity.*

**Keywords:** physical activity, sports injuries, trauma, prevention.

### Objectives:

1. To introduce injuries due to physical activity.
2. To create awareness about various injuries among students.
3. To classify injuries
4. To enlighten the causes of injuries
5. To make awareness about prevention of injuries

### Introduction:

With the growing amount of stress in today world a certain amount of physical activity is considered an important element in health promotion and public interest. In health enhancing physical activities, sport and its importance is increasing. Interest in sporting activities has also grown. The consequent upsurge in sporting activity and the intensity of training has caused a corresponding increase in sports injuries, both from acute and overuse trauma. Although many sports injuries are mild or moderate, treatment of injured athlete often requires special judgment and experience. Despite advanced knowledge, modern technology, and improved skills in sports medicine, many players fail to return. Therefore, the survey and prevention of injuries should be a major goal for sports field and allied sciences. Sport and leisure time game of being irrespective organize or unorganized have become very popular.

According to IOC medical commission publication (1993), the overall incidence of injuries in sports is high and seems to be continuously increasing. Some figures need to be mentioned in order to realize the magnitude of the problem. The overall sports injury incidence was found to be 3.3 injuries per 1000 hour spent playing sports. Studies show that sports injuries make up 17% of all injury visits to emergency clinics of public health care facilities.

### Classification of Sport injury:-

Injuries are traditionally divided into acute and chronic injuries. Acute injuries constitute about 25-40% of injuries as a whole in sports and physical activities. If these injuries are treated accurately and well, which they mostly are, they do not usually give long-lasting problems. Overuse related to the repetitive, usually stereotype, performance of limited moment pattern. There are highly scientific for the sport concerned, for example tennis serving, running, kicking