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## **FATIGUE INJURIES CAN BE NEGATIVE IMPACT ON THE HEALTH TO BEGINNERS AND YOUNG ATHLETES**

*Annotation.* Interestingly, all the low-contact sports have a common type of injury, «fatigue injury», implying long training and repetitive motion of the same type. These injuries account for nearly 30 % of all injuries among students of sports high schools.

*Keywords:* fatigue injuries, young athletes, diseases, professional sport.

Athlete's life – it is a struggle. Sure, physical exercise a positive impact on the health, affect the overall tone of the body, which aids in the prevention of many diseases. But this applies only to physical education classes in the form of trips to the gym several times a week, or early morning, evening jogging. If we talk about professional sports, the situation is different [1, 2].

Most of fatigue injuries (62 %) were female athletes, according to a new study published in the current issue of the Journal of Sport Training (Journal of Athletic Training), scientific publication of the National Association of sports trainers.

«Fatigue injuries can result not only in physical but also psychological problems that may significantly affect the recovery of the athlete and his performance», – said study Tracy Kovassin certified athletic trainer at Michigan State University and a member of the department of kinesiology [1].

«Understanding the frequency, extent and severity of the fatigue injury is an important first step in developing effective prevention programs, intervention strategies and treatment protocols for the prevention and rehabilitation of athletes with these types of injuries» [1].

According to a study conducted by the University of Michigan, it found that fatigue injuries occur, usually gradually as a result of repeated small injuries and not due to a single case of a traumatic nature, in sports like long-distance running, rowing and swimming. For

comparison, injuries occurring in high-speed and high contact type of the sport are likely to be acute injuries that occur as a result of specific and identifiable cases of injury [1].

Study sample comprised 573 male and female students from high schools sports Division 1 National Collegiate Athletic Association, which occupies 16 team sports. During the three years of the study participants reported 1317 injuries, of which 386 (29.3 %) were fatigue, and 931 (70.7 %), acute injury. A total of 319 male athletes received 705 injuries and 254 female athletes – 612 injuries. The most common types of fatigue stress injuries were common (27 %), inflammation (21 %) and tendonitis (16 %) [1].

Long-term effects of fatigue injuries include loss of playing time, reduction of functioning and psychological exhaustion. Importantly, fatigue injuries characterized by a gradual increase in symptoms, i.e. athletes can not be properly diagnosed and treatment is not carried out for a long period of time, which leads to long-term residual symptoms and chronic health effects, including deformation and arthritis [1, 2].

Conclusion. Studies have shown that sport in our country has become professional and is one of the branches of social production. It must be honestly and openly declared that the professional sport can be harmful to health and can be a source of disease and involves risk of injury. Injury Statistics confirm our argument. Most injuries occur with beginners and young athletes.

#### *Useful sources*

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## **СИСТЕМА СВОБОДНОГО ДОПУСКА СТУДЕНТОВ НА ЗАНЯТИЯ ФИЗИЧЕСКОЙ КУЛЬТУРОЙ, КАК ДЕЙСТВЕННЫЙ МЕТОД УКРЕПЛЕНИЯ ИХ ЗДОРОВЬЯ**

*Аннотация.* Специалисты считают, что уровень двигательной активности молодых людей – студентов Российских вузов существенно понижается за время их обучения, что в свою очередь является одной из причин серьезного ухудшения уровня их физического здоровья. В то же время отмечается, и большое количество пропусков учебных занятий по физической культуре у значительной части студентов, в том числе из-за неудобного расписания. Для увеличения уровня двигательной активности молодых людей авторы предлагают использовать систему свободного допуска студентов на занятия в течение всего периода обучения.