

PREVENTION OF INJURIES IN THE CLASSROOM ON PHYSICAL CULTURE AND SPORTS

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The article reveals the basic principles for the protection of human health in modern society, where one of the main tasks of the educational process and sports enhancement - issues of accidents and measures to prevent it in the classroom for physical culture and training in various sports. With increased requirements for health and physical development of students in conditions of high training loads, injury prevention should be addressed first. no coincidence that when writing this article was widely used experience as teachers, trainers, and experts in the field of medicine and injury prevention.

Injury is damage with or without violation of the integrity of the tissues caused by any external influence. The following types of injuries: industrial, residential, transportation, military, sports and other Lesson of physical education in Universities of the Republic of Belarus are equal to sports and especially many students attend various sports clubs, where they successfully engaged in your favorite sport.

The number of injuries in physical education and sports should be kept to a minimum. In injury prevention should actively participate not only doctors, but every teacher, coach, student. This requires good knowledge of the characteristics, causes and conditions contributing to the emergence of various injuries. This knowledge is necessary to know all engaged in physical culture and sports.

Omissions and errors in technique classes are a cause of injury in 30-60% of cases.

The basics of injury prevention are:

- strict implementation of all requirements of the common methods of physical exercises;
- plans and the choice of technique classes in accordance not only with the programs, but also by health status, by level of physical development and fitness of the student;
- providing a full workout, maintaining optimal breaks between exercises;

- development of rational system inlet exercises and exercises of self-insurance (in wrestling, gymnastics, jumping on skis, and other technically sophisticated sports);

strict individualization in the selection and dosage of exercises for lagging student resume classes after injury or illness;

- provision of insurance, usaostrovnny and self-insurance;

Shortcomings in the organization of activities and events is a violation of guidelines and regulations for conducting training sessions and competitions, failure to follow safety rules of their conduct, incorrect programming of the competition lead to the injury of 4-8%.

The main preventive activities in connection with these causes of injury are:

- correct placement of the student in the gym, on the Playground, stadium, etc.; avoid crowding;

- organized care dealing with challenges (responsible for the class leaves the room last);

- mandatory attendance of a responsible person (a teacher, coach, and others) from the moment when they begin to gather engaged;

- strict order independent of classes and training, and exercises before practice and training and after them (with supervision of the responsible person);

- strict compliance of the instructions and safety rules.

With features equipment exercise related injury in 15-23% of cases.

Prevention of damage due to these following reasons:

- special training of muscular and ligamentous apparatus to perform physical (sports) movements;

strict distribution in groups according to the degree of preparedness and weight categories;

- a careful implementation of a full workout;

- unconditional fulfillment of the requirements relating to the application of protective devices; high quality protective actions;

- uncompromising struggle against any form of rudeness in martial arts and sports.

Defective logistics practice leads to injuries in 15-25% of cases.

Preventive measures against damage due to defective material support classes include:

- monitoring and construction of sports facilities and other places of employment;

- systematic monitoring of sports equipment, gear, clothing;

- the establishment of forms of sports clothing depending on climatic conditions, the state of training and persistence is engaged;

- development and strict compliance with rules of usage, installation, cleaning and storage of sports equipment.

Unfavorable hygienic and meteorological conditions are the cause of injuries in 2-6% of cases.

Prevention of injuries associated with these causes boils down to careful compliance with standards prescribed by the occupational health exercise and sports. They must touch the climatic factors, diet, clothing, body care, and so on, as well as hardening the student.

Misconduct involved leads to injuries in 5-15% of cases.

Injury prevention should primarily be carried out through well-delivered educational work, fighting rudeness, lack of discipline. Particularly, attention should be given to gambling, easily excitable students and athletes. Cases of deliberate rudeness must be discussed in the team, and the competition at the immediately punished by the judges disqualified.

Violation of the medical requirements for the organization of training process and training leads to injury in 2-10% of cases.

Prevention of injuries in connection with this group of reasons - strict compliance with medical recommendations, improving health literacy teachers, coaches, students and athletes, good contact in their work with the doctor.

Injury prevention is a complex of organizational and methodological activities aimed at continuous improvement of logistics, improvement of conditions for training sessions and competitions.

Continuous professional development coaching and teaching staff, strict compliance with medical supervision, didactic principles of preparation of students and athletes, providing systematic increase their level of physical and technical-tactical preparedness, moral and volitional qualities, health promotion.

In other words, injury prevention is a continuous improvement of organizational and methodological principles of long-term training of students and athletes. It is therefore necessary to examine in detail the causes of the injuries and the circumstances of their cause. Even a minor injury should be evaluated by a physician, teacher, coach, and to the victims themselves, in order to promptly resolve its specific cause and to eliminate the possibility of recurrence.

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