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A LONGITUDINAL STUDY: FIVE YEARS OF RESEARCH ON SPORT INJURIES APPEARED IN MATCHES IN TURKISH FIRST WOMEN'S VOLLEYBALL LEAGUE

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Keywords: *Volleyball, Sport Injuries, Women, First Leauge*

Abstract

Sport injuries frequently happened in power-based sports like the volleyball. In order to prevent injuries before they appeared, it should be known reasons and risk factors. Therefore, the aim of this research was to investigate sports injuries happened in match. In this study 200 matches were analyzed from First Women's Volleyball League during the 2011-2016 periods. "Observation form" developed by researcher was used. In addition the researcher, two independent expert observers in volleyball analyzed the match records and filled the forms. All forms were compared carefully. Analyzed matches included 17.066 minutes defined active playing duration. In this matches, 49 sports injuries were observed. However, 61.22%(30) of all injuries were temporary injuries ensured continuing the competition by the medical care and 38.78%(19) were serious injuries hindered continuing the play. In this context, there were 0.24 injuries per match. While temporary injuries were observed per 568.86 minutes, seriously injuries appeared 898.21 minutes. Totally injury frequency was per injury/348.28 minutes. Upper extremity injury rate was 61.22%(30) whereas lower extremity injury rate was 38.78%(19). While block was the most dangerous technique of the play at the %55.10(27) injury rates, spike, defense and other techniques had slightly lower risk at the 12.24%(6) and 32.65%(16), respectively. In other words, 64.34%(33) of the all injuries occurred in front of the net where was repeatedly performed block and spike techniques. In conclusion, injury risk was significant in volleyball. Especially, the athletes playing front area were at greater risk in comparison with back area players. Correctly jumping and landing practices should be reduced the risk. It has suggested that the relationship between the injuries and game rules related net contact and middle line. Future studies should address the relationship between injuries and official game rules.

ANALYSIS OF THE 50M FREESTYLE EVENT DURING THE 2016 RIO DE JANEIRO OLYMPICS

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Keywords: *swimming, analysis, performance, race*

Abstract

During the 31st edition of the Summer Olympics at Rio de Janeiro, in 2016, the swimming competitions were among the most watched events, while the queen event, the men's 50m freestyle, gathered an impressing amount of swimming stars of multiple generations. As many specialists commented before the start, there was a surprise. After 16 years, and with a period of competition inactivity of about 9 years, the American Anthony Ervin (35 years old) becomes an Olympic champion again (Sydney 2000 - Rio 2016) at a spectacular event, which will go down in history due to its particularities. The Romanian athlete Norbert Trandafir (28 years old) participated in the qualifications for this event, repeating his performance during the 2012 London Olympics, qualifying for the semifinals. The analysis of this event was made with the help of an HD video capture, processed with a specialized video analysis software, constituting an important instrument for the specialists, offering important data that can be used during training.