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**THE STUDY OF INJURIES OCCURRING INTER-COLLEGEATE  
KABADDI PLAYERS OF GONDWANA UNIVERSITY GADCHIROLI**

**ABSTRACT**

Sports injuries may occur during training and competition due to different causes. Even in the normal course of life injuries occur but injury proneness is more in sports due to number of causes. Keafs of Arnhiem stated that injuries can occur due to lack of proper supervision of the playing facilities areas and training seasons, lack of scientific conditioning programmed inadequate pre-season training, lack of fitness, improper selection of equipments, entering competition before complete healing of a previous injury and above all to psychological condition of athlete. The present study is a normative study and the data were collected from the Inter-collegiate Kabaddi Players of Gondwana University Gadchiroli. The study is delimited to 100 hockey players were randomly taken as subjects. The age of the player in between 18-28. A questionnaire on the various injuries in hockey was developed by the investigator. It consist of 70 items and studied the over all types of injuries in Hockey.

**Key words:** Investigation, Injuries, Sprain, contusion, Dislocation. Abrasion, Fracture and Strain

**INTRODUCTION:**

Now a days sports is a wide term which include games athletics and swimming. It is used in terms of recreation. Actually sports mean such activities where the pattern of movements dose not change, as in athletics where a runner goes on running in same body movements. Sports are generally individualistic, game are team activities where the movement of the body change from one action to another as in the case of games like Foot-Ball, Hockey, Basket-Ball, Kabaddi etc. In these games all of a sudden certain movements are done to out nit the opponent. They require more elaborate organisation and strategies based in tense competition

In modern times the growth of sports and physical education programme in any country is much dependent on the development of sports sciences. There Sciences are known to have developed countries. Of these sciences, exercise physiology is one of the effects of exercise on the body specifically; exercise physiology is concerned with the body's responses and adaptation to exercise at the system as well as subcellular level.

This modification can be short term, i.e. lasting only for the duration if the activity is continued on a regular basis. Knowledge of exercise physiology is essential to the practitioners. It is critical that the practitioner understands the effects of exercise on the individual's body, to plan programmers to achieve the desired outcomes and to maintain the effects of such programmes on the individuals. "A man push further a further in the field of sporting endeavor, they naturally, place more and more strain on their bodies stresses that the normal everyday person in not likely to come across thus increasing proneness to injury. It is evident that injuries cannot be completely eliminated but minimization is a must if this means to relaxation and recreation is to service. An injured player fears the situation that caused injury and possibly may quit participating further.

