

Problems of university students traumatism in physical education classes

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Introduction. The problems of injuries from accidents have become of general social significance, and their solving will help to save the health and life of young people. In our country, about 2 million adults and more than 300 thousand children are traumatized each year. In Ukraine, more than 20 thousand victims of injuries become disabled, of which about 90% – young people of working age [1-4]. Prevention of injuries during physical education classes was always existed as urgent problem for teachers. Despite constant efforts, injuries among university students remain significant in physical education classes [3, 4].

All of the above factors require improved methods of treating injured people, and developed methods for preventing injuries. In this regard, the study of this topic is of great practical importance.

The aim of the research is to substantiate the ways of preventing university students' traumatism in physical education classes.

The objectives of the study: to establish the general characteristic of students traumatism in physical education classes; to carry out research of current level of traumatism and to work out the preventing measures.

Methods: analysis of the literature, sociological methods (interview with standart questions). The study was conducted 100 students aged 18-20 studying in pedagogical university (1-3 year of study), were interviewed about their injuries in physical education classes.

Results:

The most common injuries were bruise, sprain, fractures, concussions, dislocations.

Mechanisms of injury were falling, twisting (rotation at a fixed end of the limb), compression, direct impact.

Bruise is a damage of tissues or organs without affecting the integrity of the skin directly by acting blunt object on one or another part of the body. Treatment is aimed primarily at reducing and stopping bleeding in the tissue by local application of cold and pressure bandage.

The fracture is a violation of the integrity of the bone during the course of the mechanical action (injury) or the effect of the pathological process in the bone (tumor, inflammation) [5].

Trauma of soft tissue of the skull in its course is almost the same as damage to other parts of the body. Significant differences appear when the brain is damaged, resulting in serious brain function impairment.

In addition to concussions, nicks, compressions of the chest wall, lungs and heart, there are closed breaks of the chest cavity. At rupture of organs there is a danger of development of internal bleeding [5].

Dislocation – a stable complete displacement of the joint ends of the bones relative to each other with a violation of the normal relationship between the articular surfaces, the discontinuity of the capsules, and the bond of the joint [5].

Of the 100 respondents, 38% had some injuries. Of these 38 people: men – 29, women – 9. Among the traumatized students there were many people who combine work and study.

That's why it is possible to say that within the framework of research men are more likely to suffer from bone fractures than women. This is due to the fact that men have more active way of life. In addition, unlike women, they have reduced qualities such as caution, the instinct of self-preservation, they are more risky, mobile, hot blood, they like extreme sports, entertainments, find themselves in alcoholic battles, auto-traffic accidents.

The main causes of injuries in students' environment are poor educational and training conditions, imperfect or defective educational or training tools, improper use of them, unsatisfactory sanitary and hygienic conditions, physical condition of a student.

Traumatism is to a certain extent a managed process. And when organizing proper prevention measures, injuries can be minimized, especially the damage of moderate severity and gravity.

Prevention of injury should be the main part of any activity of university units [3, 4]. The staff of the physical educational (PE) departments responsible for the safety at university has to carry out a complex of measures aimed at the safety of the students and staff in PE training. A number of informational events, as well as work, are to be carried out to ensure the safe of classes.

The staff of the PE department has to prepare a series of informational materials (on the site of the department). Seminars on prevention of traumatism must be organized. First aid training for various types of injuries must be conducted. In the program of work of the educational institution a separate place is also occupied by the explanatory work on the issues of forming healthy lifestyle habits. A number of lectures and discussions must be held during the year [4]. At the same time, every student is obliged to instruct the journal with his signature the fact that he is familiar with the safety rules in PE classes.

Conclusions. Based on the analysis of the status of injuries among students, one can conclude that traumatism problems can be solved on conditions of more effective management of study and labour protection in the university.

One of the main directions of university should be control and implementation of a set of measures aimed at formation, preservation and strengthening the health of students in PE classes.

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