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## The Common Sport Injuries among Kick Boxing Players in Jordan

Mohann Odeh Al-Zghelat

### Abstract

This study aimed to identify the most common types of injuries and their causes among kick boxing players in Jordan and their contacts ( Full contact ,Simi contact and Light contact). It also focused on the places and the reasons of injuries.

To achieve the aims of the study , the researcher used the descriptive approach (survey). because of its suitability to the nature of the study. The population of the study consisted of (2950) players, officially registered in the records of the Jordanian Kick Boxing Union. The study sample consisted of (304), players, representing a rate of (10.3%) of the study.

After analysing data, the researcher found that more injuries were common among kick boxing players like bruises in muscles, bones and cuts but most parts prone to injuries were the nose, brow and lips. The most important injuries belonged to the category of full contact because of not having the tools needed for training and matches. The bad behavior was the reason of injuries for the categories of simi and light contact.

The researcher recommended the need to take the preventive measures for players to avoid exposure to injuries and the need to inform the players , introduce them to the ways of preventing injuries , and their causes through private lesson in the science of sport injuries. Generalizing the result of this study to the Jordanian Kick Boxing Union and to its centers and conducting similar studies on sports and other categories.

**Keywords :** Sports injuries , kick boxing, Full contact ,Simi contact, Light contact .



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7.7	106	1.1	15	1.4	19	5.2	72	
0.2	3	0.0	0	0.1	1	0.1	2	
2.2	30	0.7	9	0.6	8	0.9	13	
1.2	17	0.3	4	0.3	4	0.7	9	
0.9	12	0.0	0	0.3	4	0.6	8	
2.9	40	0.2	3	0.6	8	2.1	29	
1.9	26	0.1	2	0.7	9	1.1	15	
16.5	227	3.9	53	4.9	67	7.8	107	
24.6	338	7.1	98	7.3	101	10.1	139	
1.2	16	0.4	6	0.0	0	0.7	10	
0.0	0	0.0	0	0.0	0	0.0	0	
22.3	307	6.3	87	6.4	88	9.6	132	
11.8	162	1.4	19	3.9	54	6.5	89	
2.7	37	0.6	8	1.0	14	1.1	15	
3.9	54	1.0	14	1.7	23	1.2	17	( )
100.0	1375	23.1	318	29.1	400	47.8	657	

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1.5	20	0.5	7	0.8	11	0.1	2	
9.4	129	2.3	31	2.9	40	4.2	58	
1.7	24	0.5	7	0.6	8	0.7	9	
14.6	201	2.8	39	5.0	69	6.8	93	
8.2	113	2.0	28	2.8	38	3.4	47	
2.7	37	0.8	11	0.5	7	1.4	19	
2.3	32	0.4	5	0.5	7	1.5	20	
2.5	34	0.6	8	1.4	19	0.5	7	
1.4	19	0.2	3	0.6	8	0.6	8	
7.2	99	1.7	24	2.3	31	3.2	44	
1.7	23	0.4	6	0.5	7	0.7	10	
1.2	17	0.3	4	0.5	7	0.4	6	
2.0	27	0.5	7	0.5	7	0.9	13	
1.2	17	0.4	5	0.4	5	0.5	7	
2.5	35	0.3	4	0.4	5	1.9	26	
1.4	19	0.1	2	0.7	10	0.5	7	
2.6	36	0.3	4	0.3	4	2.0	28	
5.8	80	1.2	17	1.3	18	3.3	45	
3.7	51	0.8	11	1.7	23	1.2	17	
1.0	14	0.1	2	0.1	1	0.8	11	

(304= )		(78)		(104)		(122)		
2.9	40	1.7	23	0.4	6	0.8	11	
0.1	2	0.0	0	0.0	0	0.1	2	
0.0	0	0.0	0	0.0	0	0.0	0	
0.0	0	0.0	0	0.0	0	0.0	0	
1.5	21	0.6	8	0.4	5	0.6	8	
1.4	19	0.1	2	0.2	3	1.0	14	
1.4	19	0.3	4	0.5	7	0.6	8	
0.9	13	0.2	3	0.4	5	0.4	5	
1.5	20	0.4	5	0.5	7	0.6	8	
0.3	4	0.0	0	0.1	1	0.2	3	
0.1	2	0.0	0	0.1	1	0.1	1	
0.7	9	0.1	2	0.1	1	0.4	6	
0.2	3	0.1	2	0.1	1	0.0	0	
0.6	8	0.1	1	0.3	4	0.2	3	
2.2	30	0.4	6	0.5	7	1.2	17	
2.6	36	0.4	6	0.5	7	1.7	23	
4.1	56	0.9	12	0.9	12	2.3	32	
4.8	66	1.4	19	0.6	8	2.8	39	
100.0	1375	23.1	318	29.1	400	47.8	657	

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	(% 2.8)	(38)	(% 2.9)
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10.9	150	2.9	40	2.2	30	5.8	80	.
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23.3	320	7.5	10 3	7.5	103	8.3	114	) (
3.4	47	0.6	8	1.6	22	1.2	17	.
5.5	75	1.2	16	0.8	11	3.5	48	.( )
2.0	27	0.5	7	0.4	6	1.0	14	.
0.7	10	0.2	3	0.0	0	0.5	7	.
0.9	12	0.2	3	0.2	3	0.4	6	.
3.5	48	0.4	5	2.2	30	0.9	13	.
3.6	49	0.4	5	1.4	19	1.8	25	.
4.4	60	1.5	21	0.4	5	2.5	34	.
0.1	1	0.0	0	0.0	0	0.1	1	.
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1.3	18	0.3	4	0.2	3	0.8	11	
1.0	14	0.1	1	0.4	6	0.5	7	
0.7	9	0.1	1	0.4	6	0.1	2	
1.0	14	0.4	6	0.1	2	0.4	6	
0.6	8	0.2	3	0.1	2	0.2	3	
0.4	6	0.0	0	0.1	2	0.3	4	
24.0	330	4.2	58	6.7	92	13.1	180	
0.4	6	0.0	0	0.1	1	0.4	5	
0.1	1	0.0	0	0.0	0	0.1	1	
0.1	2	0.0	0	0.1	1	0.1	1	
2.8	39	0.2	3	1.2	17	1.4	19	
0.2	3	0.1	2	0.0	0	0.1	1	
0.9	12	0.1	2	0.1	2	0.6	8	
0.6	8	0.3	4	0.0	0	0.3	4	
1.2	17	0.3	4	0.6	8	0.4	5	
0.3	4	0.0	0	0.3	4	0.0	0	
100.0	1375	23.1	318	29.1	400	47.8	657	

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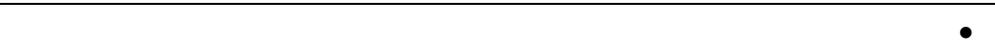
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