

## SPORT INJURIES

MEANING OF SPORT INJURIES: Sport Injuries can be defined as those Injuries that happen while participating in sport activities. Many Injuries are associated with sport activities

EXAMPLES OF SPORT INJURIES: sport Injuries includes

- i. cut ii. bruises
- iii. sprains iv. joint Injuries
- v. nose bleeds vi. dental damage
- vii. dehydration viii. fractures
- ix. dislocation x. fainting etc

## CAUSES OF SPORT INJURIES

- i. lack of skills ii. lack of concentration
- iii. faulty equipments iv. dehydration
- v. slippery playground or change in playing surface
- vi. previous Injuries vii. change in climate
- viii. fatigue ix. over training x. carelessness etc