

*

.%100

(189)

(81)

(%6.83)

(38)

(%14.56)

(%20.86)

(116)

.(%55.75)

(310)

(30-21)

(50)

.(5.21)

(29)

(%8.99)

(%29.85)

(166)

.(%10.43)

(58)

:

.1

.(1986)

1986

1981)

(2000

1988

.(1982)

.(1988)

.2005/12/27

2005/8/24

*

.1

.2

.3

.(1997)

:

()

.2

%51.3

97 (189)

%48.7

92

%.100

2

(2004) .1

2002

.%13.7 %8.8
 %48

6.21

42

%44.1 14 28 :

: (Macra, 1992)
 " "

.4

(2003) .2

64)
 (

32

Macra,

(1992)
 (Mechelen, 1992)
 " "

.5

(2000) .3

(1)

2

189

		92		97		
%		%		%		
8.63	48	3.95	22	4.67	26	
15.46	86	5.03	28	10.43	58	
20.86	116	6.29	35	14.56	81	
15.86	88	4.67	26	11.15	62	
2.69	15	0.53	3	2.15	12	
4.49	25	0.53	3	3.95	22	
3.77	21	2.15	12	1.61	9	
3.77	21	1.25	7	2.51	14	
2.51	14	0.35	2	2.15	12	
0.17	1	0.17	1	0	0	
10.07	56	6.83	38	3.23	18	
7.19	40	6.47	36	0.71	4	
4.49	25	2.87	16	1.16	9	
100	556	41.19	229	58.81	327	

$$.94.88 = \frac{\quad}{2}$$

$$.21.03 = (0.05 > \alpha)$$

2

(2)

2

189

		51		50-41		40-31		30-21		20		
%		%		%		%		%		%		
8.60	48	0	0	0.35	2	2.51	14	5.21	29	0.53	3	
15.4	86		0	1.07	6	6.11	34	7.37	41	0.89	5	
20.8	116	1.07	6	2.69	15	4.49	25	10.79	60	1.79	10	
15.8	88	0	0	1.79	10	7.73	43	5.93	33	0.35	2	
2.67	15	0	0	0.17	1	0.35	2	2.15	12	0	0	
4.49	25	0	0	0	0	0	0	4.49	25	0	0	
3.74	21	0.17	1	0.35	2	1.25	7	1.97	11	0	0	
3.74	21	0.17	1	0	0	0.35	2	3.05	17	0.17	1	
2.50	14	0	0	0	0	0.35	2	2.15	12	0	0	
0.17	1	0	0	0	0	0	0	0.17	1	0	0	
10.0	56	0.35	2	0.53	3	1.97	11	6.47	36	0.71	4	
7.16	40	0	0	0.17	1	1.97	11	4.67	26	0.35	2	
4.45	25	0.17	1	1.25	7	1.07	6	1.25	7	0.71	4	
100	556	1.97	11	8.45	47	28.23	175	55.75	310	5.5	31	

$$0.05 > \alpha$$

$$111.88 = \frac{\quad}{2}$$

$$= 67.31 = \frac{\quad}{2}$$

(3)

2

189

		92		97		
0.34	2	0.17	1	0.17	1	
3.94	22	2.69	15	1.25	7	
11.14	62	2.15	12	8.99	50	
3.58	20	0.71	4	2.87	16	
2.50	14	0.89	5	1.61	9	
3.04	17	2.15	12	0.89	5	
5.38	30	1.43	8	3.95	22	
4.12	23	0.89	5	3.23	18	
4.12	23	1.25	7	2.87	16	
1.24	7	0.17	1	1.07	6	
1.42	8	0.35	2	1.07	6	
0.17	1	0	0	0.17	1	
1.42	8	1.25	7	0.17	1	
5.20	29	1.61	9	3.59	20	
0.35	2	0.35	2	0	0	
3.94	22	0.89	5	3.05	17	
0.70	4	0.35	2	0.35	2	
0.35	2	0.35	2	0	0	
0.52	3	0.35	2	0.17	1	
1.42	8	1.07	6	0.35	2	
8.08	45	4.49	25	3.59	20	
10.6	59	5.39	30	5.21	29	
2.32	13	0.17	1	2.15	12	
0.18	1	0	0	0	1	
0.35	2	0	0	0.35	2	
0.53	3	0	0	0.53	3	
0.88	5	0.53	3	0.35	2	
4.12	24	2.87	16	1.25	7	
17.08	95	8.09	45	8.99	50	
0.52	3	0.35	2	0.17	1	
100	556	41.19	229	58.81	327	

.94.88 = 2

.46.69 = (0.05 > α) 2

(0.05 ∞)

(2)

2

		(30)							
							20		
						(%1.79)		(10)	
						(%0.89)		(5)	
						(31)			
									(%5.5)
						(30-21)			
					(60)				
			:			(%10.79)			
						(%7.37)		(41)	
						(%6.47)		(36)	
						(310)			
									(%55.75)
	(4)	(3)		2			(40-31)		
		(3)		2			(43)		
						(34)		(%7.73)	
						(25)		(%6.11)	
									(%28.23)
50						-41)			
						(15)		(50)	
	%8.99								
	%5.21		29		(10)			(%2.69)	
	%3.95		22					(%1.79)	
						(7)	()	
									(%1.25)
									(%8.45)
.8		45				(51)		
		30		%9		(2)			
		25		%5.39					(%0.35)
				%4.49		(.0.17)		(1)	
95						(11)			
	62		%17.8						(%1.97)
59			%11.14						
			%10.6						
					2				
									(111.88)
		2							(0.05 > α)
94.88									
	(0.05 > α)								-21)

(4)

2

189

		51		50-41		40-31		30-21		20		
0.35	2	0	0	0	0	0	0	0.35	2	0	0	
3.93	22	0.53	3	0	0	0.89	5	2.51	14	0	0	
11.1	62	0	0	0.71	4	6.29	35	3.77	21	0.35	2	
3.56	20	0	0	0.17	1	1.07	6	2.15	12	0.17	1	
2.49	14	0.17	1	0	0	1.25	7	1.07	6	0	0	
3.01	17	0.17	1	0.17	1	0.53	3	1.79	10	0.35	2	
5.4	30	0.17	1	0.17	1	0.35	2	4.67	26	0	0	
4.1	23	0.17	1	0	0	0.71	4	2.33	13	0.89	5	
4.11	23	0	0	0.53	3	0.17	1	3.41	19	0	0	
1.25	7	0	0	0	0	0	0	1.25	7	0	0	
1.42	8	0	0	0	0	0.17	1	1.25	7	0	0	
0.17	1	0	0	0	0	0	0	0.17	1	0	0	
1.42	8	0	0	0	0	0.35	2	1.07	6	0	0	
5.18	29	0	0	0.71	4	0.53	3	3.77	21	0.17	1	
0.34	2	0	0	0.17	1	0.17	1	0	0	0	0	
3.93	22	0	0	0	0	0.89	5	2.69	15	0.35	2	
0.71	4	0	0	0	0	0	0	0.71	4	0	0	
0.34	2	0	0	0.17	1	0.17	1	0	0	0	0	
0.52	3	0	0	0	0	0.35	2	0.17	1	0	0	
1.4	8	0	0	0.35	2	0.17	1	0.71	4	0.17	1	
8.05	45	0.17	1	0.71	4	2.51	14	3.95	22	0.71	4	
10.6	59	0.35	2	1.79	10	3.23	18	4.49	25	0.71	4	
2.15	12	0.17	1	0.35	2	0.53	3	1.07	6	0	0	
0.18	1	0	0	0	0	0	1	0	0	0	0	
0.34	2	0	0	0	0	0.17	1	0.17	1	0	0	
0.52	3	0	0	0	0	0.17	1	0.35	2	0	0	
0.88	5	0	0	0.35	2	0	0	0.53	3	0	0	
4.28	24	0	0	0.53	3	1.25	7	1.97	11	0.53	3	
17.0	95	0	0	1.43	8	5.93	33	8.99	50	0.71	4	
0.53	3	0	0	0	0	0.17	1	0.17	1	0.17	1	
100	556	1.97	11	8.45	47	28.23	157	55.7	310	5.57	31	

.05 > α

143.342 =

2

111.88 =

2

(4)

2

(5)

189

%			
29.85	166		1
10.43	58		2
0.11	34		3
3.59	20		4
6.47	36		5
4.85	27		6
1.07	6		7
5.39	30		8
0.71	4		9
0.53	3		10
4.67	26		11
1.97	11		12
4.13	23		13
1.43	8		14
2.15	12		15
2.51	14		16
1.79	10		17
0.71	4		18
0.71	4		19
0.17	1		20
1.25	7		21
0.53	3		22
0.71	4		23
0	0		24
2.33	13		25
0.54	3		26
4.50	25		27
1.97	11		28
100	556		

			(20)	
			(5)	
	(4)			(%0.89)
				(%0.71)
.3			(%5.57)	(.31)
:			(30-21)	
	-1		(50)	
			(26)	(%8.99)
	-2		(25)	(%4.67)
				(%4.49)
(30-21)	-3		(%55.7)	(310)
	-4			:
	-5			
.4				(.5)
	-1		(5)	
	-2		(166)	
			(58)	(%29.85)
		(36)		(%10.43)
	-3			(6.47)
			(%5.395)	(30)
	-4			

2003

2000

1982

1986

1981

1988

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Sports Injuries for Physical Activities Involvement at Health and Fitness Centers in Jordan

*Majed F. Mujalli**

ABSTRACT

The purpose of this study was to identify the type of injuries and the frequent occurrence of those injuries among participants, additionally to detect the most part of the body that could be injured. Another purpose was to identify the causes that lead to injuries.

A special design format (Sheet) was utilized in order to collect data. The subjects of the studies (N=189) was chosen randomly among five health and fitness centers in the city of Amman.

The research revealed the following results: The most frequent injuries occurring were muscles torn, occurred in 8 cases, among male participants (14.56%), followed by muscle spasm, occurred in 38 cases among female injuries for all participants, where (116) cases occurred (20.86%). Male injuries were more than female injuries in those center. The age interval to have sport injuries, where (310) cases occurred (55.75%).

The results also showed that shoulders and ankles were among the most common injuries, where (50) cases occurred (8.99%), followed by knee joints, where (29) individuals suffered (5.21%).

The causes of sport injuries were lack of warm up exercise, where (166) cases have been reported (29.85%), followed by over training where (58) checked cases (10.43%).

The researcher recommends that there will be a need to reexamine the fitness program in the health center, and give more attention to warm up processes, more studies and researches should be conducted in relation to structural and physiological variables.

Keywords: Sports Injuries, Fitness Centers, Jordan.

* Faculty of Physical Education, University of Jordan. Received on 24/8/2005 and Accepted for Publication on 27/12/2005.