

<b>Independent Study Title</b>	Incidence of Injuries in Thai National Weightlifters Team		
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### ABSTRACT

The study using questionnaires towards incidence and type of body injuries in Thai National Weight lifters. Forty five weight lifters, 24 males and 21 females participated in this study. The maximal age was 27 years and the minimal age was 14 years. Data collected by invented questionnaires were presented in percentage, mean and standard deviation. The results showed that 68.9 % of the lifters injured from weightlifting. Most incidental areas were consecutively shoulder and upper arm at 12.69% and knee at 10.36%. Type of injuries were muscle soreness at 23.20% and muscle strain 17.01%. Risk factors of body injuries were inadequate warm up,86.7% and muscle strength ,68.9%. Risk factor in training were incorrect lifting skill,75.6% and rush weight change,57.8%. Injuries founded in this study were caused by self-weight lifters; from lack of knowledge in preparation stage, muscle stretching, strength and endurance training program, use of muscles and joints, and self care. Training skill factors were the lifting position and technique. These conclusions indicated an incidental guideline and awareness for injury prevention and physical fitness of Thai National Weightlifting Team.