CHAPTER NO. 1

INTRODUCTION

Sport has infect come to play an all the time more essential role in present society, though its origin date back to down of man. Throughout human history man's ability to survive has depended upon his physical ability

Volley-ball is an exciting and world famous game where not only an individual but team can take part at level. It is contact games played all over the world. It is an entertaining enjoyable friendly game that be able to be played starting babyhood to elderly period either by the side of a recreation stage or a spirited game. In tournament there is typically more than one game a day often which can result in many hours of volley-ball concentrated on only in a few day. A player may participate in sporting events. Injury occurs in sports as it does in day to day life. Extended play some times results in overuse injuries which are relatively common in volley-ball.

Volley-ball is a game that makes heavy demands on the players. The physical work is intermittent involving high intensity activity interspersed with short pauses. The game involves jumping movement and work. Here is the epidemiological studies damage occur during competition episodic and disadvantaged playing or essential special treatment in order to continue play or if the injuries made play impossible. Volley-ball is also a risk games dominated by overuse injuries improper or rude training lack of suitable footwear or protective equipment.

If our companion or social order is longing to enthrall and delight in a group occasion of amusement than volley-ball diversion could be said as a wish decision in this respect. The setting of this amusement oblige group to play against one another. The diversion is played in an indoor or outdoor court in addition to taking after the ball when it comes back to the divider in the wake of giving the serve. Nature's turf with this diversion get quick paced and leaving that will doubtlessly show your group and a bit of mercy.

Volley-ball is one of the most sultry indoor or open air recreations for striking Brisbane. The amusements include six players to play and move within court for it and we are obliged to work
with the ball above the net. For the sportspeople progressed in their amusement or fledgling volley-ball players particularly play this manifestation of indoor or open air sports. This will without a doubt help you fit as a fiddle throughout having an awesome time appreciating the diversion. The session of volley-ball might be played with in the borders of the in said ground of cricket. The setting of the net is carried out at baseline that remains seven meters for from the divider as well as extending it over the courts length. A well-known serving zone is relegated to each group from where they serve the ball utilizing a rubber ball.

A limit line is likewise made around the courts outside marking the out of the bound line that confines the crossing of the ball the net. Generally the volley-ball team group include six players and one libero on every side. The point when the round of volley-ball is going on the pivot is carried out while serving the ball by every player to other group. The play off of the ball could be carried out through the side net, yet it can just touch the Over head net while the ball is first time hit by any group. In this procedure the getting group gains a chance for regulating the ball from a pace return like what encounter after a focus. On the volley-ball court players are proceeds, they are allowed to move in the ballpark of an around any position they wish to this principle appears to be exceptionally phenomenal as here. Every player finds the opportunity for playing by the net, once more of the court or to serve.

The server is allowed to strike the ball should not go further than the limits the movement of the game is rapid and players should have the sudden reflexes to know about the when it is bouncing back to word the net.

The sports played with an exaggerated bladder and a high net was created in the year 1895 at Hole yoke Y.M.C.A. Gymnasium in U.S.A. The volley-ball game was imagined by William G. Morgan in the year 1895 in Holyoke, Massachusetts YMCA. The point when Morgan headed off to Holyoke in the wake of leaving sprain field school in 1894 he found that a ton of individuals didn't might want to play b-ball. So a diversion is wanted which includes more individuals and is more amusement. The round of volley-ball was fanciful as an extra time diversion. At the first a
b-ball was utilized without a net tossing the ball from one gathering to the next than net was utilized at seven feet tallness. Since the basketball was overwhelming, a ball made of delicate calfskin was utilized however is finished not latest long.

The primary representation of volley-ball was give as sprain and strain games ground school in 1896. The standards were given by Morgan composed in longhand. The amusement was named as "MINOTONETTE". The name was changed to volley-ball in the year in 1896 as the reason in this game to volley the ball over and over again over the net after a representation at school of Christian laborers (instantly sprain Field College).

The initially printed standards of the diversion showed up in the first handbook of sports League of YMCA of North America in the year 1897. Thusly the game was taken everywhere throughout the planet through YMCA.

In the starting the guidelines of the diversion were extremely basic. The fundamental point was to keep the ball in air. The standard shifted from spot to place. Players were not turning, no restriction of touching the net. Size of ground and players was very little support of the game.

The first editorial about volley-ball was published in 1896 in the name of “Physical Education” with the following details.

“Volley-ball is a new game that is appropriate to be played in-door. It can also be played out door. The number of players in each team is not fixed. The major idea of this game is to keep the ball in air between the two teams over the net without ball touching the ground. It has the characteritics of tennis and handball”.

Elwood S. Brown in the year 1922 issued the official volley-ball rule as played in the other votaries. The game was taken to lots of European countries by YMCA at the end of World War I to rehabilitate the related Forces.
WITH THE TIME THE SUBSEQUENT RULE WERE IMPLEMENTED:

1900 - A team wins after scoring 25 point. Net height 2.13 m.

1912 - Field: width = 10.66 m.

Length = 18.28 m.

Net = 0.91 m.

IN ADDING SUBSTITUTIONS WERE ALSO ACCEPTABLE.

1917 - Net height = 2.44 m.

1918 - A set of 15 point was introduced ream should have 6 players.

1921 - Centre line was introduced.

1922 - A team can play the ball maximum 3 times.

1923 - Field: width 9. 14 m.

Length 18.28 m.
DEVELOPMENTAL STAGE

In case of 14 - 14 lead by point for winning the set.

1938 - Blocking was introduced. Attack line was introduced with a condition that back line player cannot smash from with in attack line. Rotation of team in rotation order was introduced.

Even though the game of volley-ball was invented in USA the most positive ground for its increase has been Europe. The Russians were the first to give an idea about that volley-ball could be an important spectacular competitive sport. The change came after the formation of the international volley-ball Federation in 1947 with 14 countries as its member the world Championship was held in year 1949 at Prague (Czechoslovakia). The Head office of FIVB was established in Paris (France) H. Ruben Acosta is the current chief of FIVB. The game was first included UN the Olympic at Tokyo in 1964.

Volley-ball is one of the most trendy sports in the earth At present there are more than 200 member countries affiliated with FIVB with more than 200 million registered players. In addition to European counties Asian counties have also come to the front position, particularly Japan, China and Korea. In the middle of the Caribbean Island, Cuba has build up the standard and is in the middle of the few in world. USA has come up and is also world ranking.

Volley-ball was introduced in India by the YMCA the volley-ball Federation of India was formed in 1950 to organize the activities of many state associations and to support this game at the national level. An India team selected at Kolkata in 1952 took part in the world volley-ball championship at Moscow but could not do much there.

At present volley-ball is being played by men and women all over the world. In recent times a new from of volley-ball has emerged that are called “Beach volley-ball” this is gaining popularity in the West.
WORLD ZONES: - seeing the overall attention of developing volley-ball all the way through the world the game has been divided into 5 zones:

(1). South America: - the confederation was formed in 1946; Brazil (The present Olympic champion) Peru, Venezuela, Uruguay, and Argentina are the main counties taking keen interest in the game of volley-ball.

2). European: - The union was formed in 1948. USSR, Czecho- Slovakia, Bulgaria, Germany, Poland, Romania, Hungary, Italy, France, Yugoslavia, is having good standers.

3). Asian zone: - The union was formed in 1954. Japan, china, Korea, India, Iran, is having good standards.

4). African Zone: - The union formed in 1965. The main counties taking been interest are Egypt, Tunisian, Nigeria, Morocco, Senegal, Mad scar and Ivory cost.

5). North and Central: - America including Caribbean Island: The union was formed in 1966. USA, Canada, Cuba, and Mexico are in the front position.

FUNDAMENTAL SKILL AND TECHNIQUE OR METHOD OF VOLLEY-BALL GAME

Technique is art to perform certain movement to achieve the best result, keeping in view rule of the volley-ball game. In volley-ball the techniques or methods used are upper hand pass, service, smash, block, diving and rolling. The techniques in volley-ball are difficult to learn because of the following reasons:-
1. There is small time to touch the ball as a result extra perfection in movement to arrive at the ball is required to attain exactness.

2. There are different types of action, and movement it touch the ball, e.g. for upper hand pass the place of fingers touching the ball, is limited though quit hard movement are necessary to be made.

3. High degree of excellence is essential for all the techniques or method performed.

4. There are different speeds trajectories of the ball for which lot of rapid movement and high require of physical fitness is needed. The sport is played on a volley-ball court of 18mtr lengthy and 9mtr wide. One side court is separated into 9x 9mtr by 1mtr wide net is placed. So the mid point of net is 2. 43mtr higher than the inside of court for men and 2.24 mtr for ladies competition.

There is a 3mtr line from net line which is measured the "Attack line". This 3mtr line divide the court keen on "Backcourt" and "Frontcourt" districts. Every line demonstrating the limitation upon aggregation court with the attack zone be drawn or highlighted inside the degree of upon region and in this way bit of the court or zone. In the event that ball comes in get in touch among the line the ball is recognized to “in”.

A receiving wire be put in both part of the net parallel side line and is a vertical development of the side furthest reaches of the court. Balls fleeting above the net necessity to get ahead of totally among the receiving wires without touching them.

The ball is an object of volley-ball diversion. FIVB standard and regulation state that the ball must be circle formed made of cowhide or counterfeit calfskin like an one piece ball its a change in volley-ball have a border of 65-67cm, a weight of 260-280gm and an inside weight of0.30-0.325 kg/cm2. Other legislating forms contain parallel regulations.
All groups comprises of twelve (12) cooperative individuals. From that six (6) players are store for the substitutes. What's more six (6) players play in side of court. To kick play off, a group is decided on the way to hand out by coin throw. Players starting the service assembly toss the ball hooked on the air and attempt to slap the ball so it passing above the net on a way such with the aim of it will earth in the reverse gathering's courtyard.

For deciding the winning score in the first four sets, a sets is win by the teams which first score 25points with a lowest score of 2points. In this situation of score being a draw at twenty-four-twenty-four, the game is nonstop in anticipation of a 2point’s front is complete say 26-24, 27-25 and so on.

A team that wins two set in match of five sets or succeed 3sets in match. In the condition of two sets all the deciding fifth set, is to be played to 15 points with a minimum lead of two points.

A game is start by service by a player of the team getting the right to serve. just before deliver a service. the service player should stand within the service zone and toss the ball before striking it with a hand or arm. The service sector is a 9m wide part at the back all end line or the area outside the service area before hitting the ball.

If the service region wins the rally it achieves a point and the same player serves again. If the opponents win the rally they score a point serving side loses the chance to serve, service change, opponents rotate by one position take the serve.

Service is considered to be good when the ball passes over the net between the side markers and land in the opponents’ court with the boundary line.

Each team can make three contacts with the ball before sending it over to the opponents’ side in addition to a block. For legal contact there ball must be hit clearly and should not come to rest moment on the palms or finger of a player.
If a simultaneous contact is made by two three team mates it should be counted as two or three counts except in the case of block.

The front line players may try to block a smash by placing one or both hands above the top of the net. In a block the ball may touch the hand of player or any part of their body collectively or it may touch the top the net a player or players simultaneously.

A block contact is not a team- hit and a team is entitled to three hits to return the ball after a block is allowed to retouch or hit the ball after a block. In blocking a player may place his hand and arms beyond the net provided he does not the net until the opponent has hit the ball for a game fault the side at fault loses a point and also loses the right to serve if serving. The game fouls are:-

I. Serving without tossing a ball in air touching the end line or area beyond the service zone before hitting the ball.

II. Not returning ball correctly above the net and into the opponents’ court. A Ball falling on the line is correct return

III. Resting the ball momentarily on hand or finger.

IV. Touching the net during play except when a player when not playing a ball accidentally touch the net

V. Touching the ball twice in succession by the same player.

VI. Crossing the net with hand on the side of the opponents when the ball has not been played by an opponent or interfering with the play of an opponent.
VII. A player is not allowed to contact the opponents’ courtyard with a leg or feet if some part of his foot or feet is not direct contact with the centre line or directly above it.

VIII. A cut line player is not allowed to carry out an attack hit from the front zone. He may however land in the front zone after making an attack hit from the back zone.

An interval of three minutes is allowed between sets. However between the fourth and fifth set an interval of five minutes is allowed.

After each set the team should change court. In the deciding set the team should change court when a team reaches the score of 8 if the change is not made at this score it should be done when the error is noticed.

**DAMAGE**

lately developing number of individuals of all ages has been noticing their fitness particular suggestion to get animated for the sum of the fitness profit work out brings to the table yet for some individuals.

Generally the individuals who greater than make or who do not accurately prepare or limbering up these profits be able to include some significant downfalls sports wounds. Fortunately most games damages might be overseen adequately and most individuals who endure wounds can come back to fulfilling level of physical development after a harm. Occasion enhanced numerous games damages might be disallowed if individuals take the best possible precaution measure.

Practicing is useful for health, yet every once in a while you can harm physically when you play games or work out. Mischances poor preparing practice or discourteous apparatus can excuse for why them various individuals get harm on the grounds that they are not fit as a fiddle. Not warming up or extending sufficient can likewise prompt damages.
Sports damages are wounds that happen when playing games or practicing diversion some are from mishap. Other can come about because of poor preparing practices or disgraceful rigging various individuals get harmed when they are not in legitimate condition. Not warming up or extending enough before you play or activity can likewise expedite wounds.

Disregarding advancement in fabulousness of mechanical assembly utilized and administrations accessible for carrying on games exercises, mischances and damages do happen all around such exercises. It is a matter of general learning that commitment in games exercises can accelerate all games of wounds. From basic wound to disengagement, cracks, scraped spots, cut and wounds may happen throughout such movement. In a portion of the dangerous games like boxing, passings happen. Raman lamba of India endured a head harm while playing cricket and lost his life. The shot of mischances and damages is substantially all the more in contact games like American football. Harm danger is likewise respectable in games like mountaineering and skiing and so forth. A few games damages improve gradually.

Damage is a general issue for numerous types of players that strike players taking an interest in a mixed bag of games. On the other hand, most of game damages in amusement like volley-ball.

Sports wounds are damages that strike sportspeople partaking in spotting occasion. In may cases or explanations these sorts of wounds are because of over piece on the figure after taking part in a definite movement pro instance runners kneesides are frightful clause typically identified with running, while tennis elbow is a from of cyclic anxiety harm at the elbow different sorts of damages could be cause by a hard contact with something this can more than once reason a busted bones or torn ligaments or tendons.

games wounds could comprehensively considered either traumatic or abuse damages traumatics wounds repot for the lion's share wounds in contact games, for Example, football, rugby, volley-ball, cricket, hockey in view of the dynamic and high impact nature of these games. These wounds range from wounds and muscle strains to cracks and head damages. A wound or injury is harmed to little a vein which causes draining with in the tissue a muscle strain is a little tear of
muscle filaments and a sprain is a little tear of ligament tissue. The figure's response of these games damages is the same in the beginning five day period instantaneousness taking after the traumatic episode aggravation

SIGNS AND SIDE EFFECTS: INFLAMMATION IS PORTRAYED BY ACHE CONFINED SWELLING,

- Redness and misfortune of capacity

- The sum of these traumatic damages reason harm to the cells that make up the delicate tissue. The perished and harmed unit discharge chemicals which begin provocative reaction little veins are harmed and opened up. Transforming draining inside the tissue in the figure's common response a

- little blood, lump is shaped in place it prevent this draining and from this clump unique units (called fibroblasts) start the hyaline system by setting down scar tissue.

- Sports damages are wounds that regularly happen while taking part in ready games rivalry or competition, preparing session or arranged health movement. These damages may happen in adolescent for an assortment of explanations, incorporating impolite preparing absence of suitable footwear or wellbeing contraption and fast development throughout young years. There are two general sorts:

1. Acute traumatic damage
2. Overuse or Chronic

1. The first sort is an intense traumatic damage. Trauma alludes to a sudden assault or on provision of a commanding effect. Traumatic
Wounds happen abruptly when playing or discharging. This games damage is called intense harm. Intense traumatic wounds customarily include a solitary blow from a solitary provision of energy like getting a cross form hinder in football, rugby.

Intense traumatizes wounds incorporate:

- **break** - dirty cocaine, crack, or devastating of a bon Bones injuries are generally cause via a high dynamics or application of force to the bone which result in different type of fractures in bone:-

  a). **simple fracture** - “ any breakage or tearing of bone without any external wound is call simple fracture.

  b). **compound fracture** - compound fracture is that fracture in which the skin and muscle are damaged along with the fracture. Generally, the broken bones come out through the skin by tearing it.

  c). **complicated fracture** - in complicated fracture, a bone is broken and damages the internal organs. The internal organ may be tissues, nerve or artery. Usually, such type of fracture is complicated and dangerous. Such Fractures are common in high jump and pole vault.

  d). **Green stick fracture** - these fracture are commonly seen in children because their bones are very soft and delicate. Whenever there is any stress on the Bone it is bent.

  e). **comminuted fracture**- when a bone is crack two or many pieces, it is called communicated treatment. Such type of fracture is possible in cycle race or Motorcycle race.
f). **Impacted fracture** - when the end of a fractured bone enters into other bone it is called impacted fracture.

**Signs and symptom of fracture or bone injury are below:**

1. Severe pain at the point where fracture is suspected.
2. The place of injury is very sensitive to touch and a slight pressure cases pain and discomfort.
3. Swelling around the suspected fracture point.
4. Loss of power, weakness or trembling at the point of fracture.
5. Irregularity may be felt in the bone on touching.
6. Inability to perform natural movement of the part affected.
7. Deformity of the limb can result in loss of nature shape. A comparison with the other normal body part can help in arriving at some conclusion.

- **Contusion** - contusion is a muscle injury. A direct hit with or without any sports equipment can be the main reason of contusion, contusion is a common in boxing, wrestling and kabaddi. In contusion blood vessels in the muscles are broken and sometimes bleeding may occur in the muscles. Stiffness and swelling are common features at the site of contusion. Sometime, in such case muscles fail to respond. In severe cases muscle becomes completely.

**SIGNS AND SYMPTOMS OF CONTUSION**

1. Discolouration under the skin. This starts from redness to turning blue or black gradually.
2. Swelling and pain on the contused part.
3. Stiffness over the area.

- **Bruises** - recognized as medically as a contusion - Caused by a direct blow, which may cause swelling and bleeding in muscle and other body’s tissues. Sometime such type of
injuries may occur in football, hockey and boxing, bruises are not clearly seen because the upper skin remains unaffected, but inner tissues are damaged. The blood spreads under the skin because of rupture of blood vessels

• **A strain** – Stain is the result of stress or force applied on tissues. Applications of force result in some deformity in tissues. This deformation is termed as strain. Strain can be mild as well as severe. Sometime the complete muscle can be ruptured. In case of complete rupture it is not possible to move that part lime. There may be severe pain or have many situations during the practice or competition when a strain may occur. Such injuries take place in track and field gymnastic, weight lifting and skiing etc.

**Strains are of three types:**

1. **Mild**- when there is slight muscle pull without any tearing of muscle or tendon
2. **Moderate**- when there is slight tearing of muscle or tendon and there is some loss of strength.
3. **Severe**- when the muscles or tendons rupture. In such a case loss of strength is considerable.

**SIGNS AND SYMPTOM OF STRAIN:**

1. Pain in moving the body part such as arm or leg.
2. Swelling in the area.
3. Feeling as something broken inside.
4. Loss of strength is considerable.

• **A sprain** – this is an injury of the ligaments. It occurs due to over stretching of ligament during exercise, ligaments sometimes become tense and get injured near the joint with a bone or from a weak spot in the ligaments themselves. It may occur due to overstretching or tearing of ligament generally, sprain occurs at wrist joint and ankle
joint. Sometime, fracture is also possible along with the sprain in such injury, swelling inflammation; severe pain and tenderness are common symptoms. There can be laxity in the ligament. All the above mentioned symptom & depend on the severity of sprain.

**Sprains are of three types:**

1. **Mild**- when there is slight tearing of some ligament fibers and there is no defeat of function.
2. **Moderate**- when some rupture of ligament is accompanied with some defeat of purpose.
3. **Severe**- total rupture of ligament or even separation from bone with total loss of movement.

**SIGNS AND SYMPTOM OF SPRAIN**

1. Acute pain in the sport injured.
2. Swelling on the spot.
3. Softness at the spot and pain on touching.

- **An abrasion** - a scrape in skin injury abrasion usually occur due to friction with certain equipment or a fall over the area where the bone is very close to the skin. It occurs at the upper part of the skin.

**SIGNS AND SYMPTOM OF SPRAIN**

1. Scraping of skin with some burning pain.
2. Some bleeding or oozing at the abrasion spot

- **A laceration** – This type of injuries a slash and cut in the skin that is generally deep and profound sufficient to require stitches and some treatment of that part.
2). **chronic or overuse injury** - the second type of sports damage is called an overuse or Chronic injury. These Injuries are more often than the result of recurring preparation such as running, overhand throwing or serving a ball in tennis.

**Chronic or abuse wounds incorporate**

- **Stress fractures** - minimal chunky coke in the bone's surface regularly initiated by more over-burdening, (for example, in the foot of a ball players who is continually hopping in the ground).

- **tendonitis** - Inflammation of the tendon brought on next to more extending, epiphyses or apophysitis

- **Growth plate over-** burden damages, for example, Osgood - shatter illness. A considerable measure of abuse damages appear remains vital than soreness in your knees yet unsurpassed remember that simply since a damage is not memorable doesn't mean its irrelevant or will go away on its close to home. Assuming that left untreated a chronic damage will without a doubt deteriorate after some time.

**VOLLEY-BALL INJURIES**

The distance through out life, you will be confronted with wounds of all kind; if it is a basic compound blaze, every mischance must be dells with a couple of significant classes of mischances delicate tissue wound, such as the examplary wounds, cuts and scraps of for quite a while life plus the not so ordinary more life debilitating mischances like cut wounds spurting cuts and am cut; blazes from merge sunburn to third- degree; harming gagging and obviously characteristic experiences bumblebee sting toxic substance ivy and the dangers of
anaphylactic stun.It is assessed that 800 million or above individuals in the ballpark of 130 provinces play volley-ball.

Most of volley-ball damages hail from abuse and report for between 50- 80% of all wounds. Most damages are not flavoring close or vocation finishing: Mostly harmed players miss or not attain four day or less of play. Blocking emulated by spiking report for the most extreme rate of damage.

Barrier moves (e g; service, passes, and stetted) report for a more diminutive no. 63% of wounds are identified with bouncing. The playing surface unmistakably affects damage percentage(%). Wounds are more general solid or tile than on the wood and the sand ground. It's a important actuality that choice university group of athletes have 5times while numerous wounds (for every hr.) when they played on inside playground against sand court. Resulting are a few detail in regards to form region harmed kind of wounds and proposal for either administration or counteractive action techniques:

- **Ankle wounds** report for 15- 60% of intense damages. The most widely recognized component is compelled suspiration which happens when a blocking players foot arrive on the challenger spikers foot that has line-cross the net line (in the clash region).Organization might as well incorporate icing, lower leg medication (If break is not present) and recovery, together with proprioceptive preparing.

A lower leg orthosis or taping may support in animated restoration. Avoidance conceivable during a readiness plan that accentuates prevention of the inside column for the length of time of practice and educator players who hop forward when spiking to take longer steps past to hopping and bounce straight up as opposed to advance. A study in Norway showed a half diminishing in lower leg sprain with this preparation plan.
- **Thumb or finger sprains** represent roughly 10% of intense wounds. Spiral insurance ligament sprain of the thumb meta-carpophalangeal joint is the most widely recognized volley-ball identified hand damage and is a considerable measure the aftereffect of blocking.

  Thumb spicataping is steady in giving back where its due to play. Finger sprains and shut cracks are generally overseen by amigo taping or supporting in a specific order.

- **Knee sprains** or meniscus tears represent around 15% of intense damages. A foremost cruciate ligament tear normally happen as non contact wounds when the player land with the knee hyper noteworthy.

- **Toe- sand toe** is a term begat by persons who oversee chose players to demonstrate a constrained plantar flexion harm happening when the player moves above the toes got in the sand. The damage is likely a

  - **Capsular sprain.** This turn around form of turf toe is taking care of with stabilizing and protective taping.

- **Patellar tendonitis (jumper's knee)** report for up to 80% of abuse damages. Upper class players speed a lot of their preparation working on bouncing. Utilize measurements are regularly incorporated as a component of the preparation move to in an exertion to expand vertical bounce. Utilize measurements performed fittingly are not a stress; then again unsupervised preparing may be an excuse for why.

A Patellar tendonitis expansion with additional time used playing and is found all the more in the greatest vertical jumper's agony is again and again at the lowest part of the patellar expected to administration incorporates compel. Diminishing hop preparing may additionally help out. Those players with expanded outside tibial torsion and profound knee flexional take off are at high dangerous.
Shoulder tendonitis/ impingement/ suprascapular nerve setup report for 8-20% of abuse wounds. Overhead development. For example, catch administration and spiking may expand danger of impingement. The expanded energy happening is in maximal a snatching may build the danger of impingement. A ton of players will have detached shoulder load- and move testing. Scapular stabilization workout emulated by glen humeral medicine (rotor sleeve) is essential to stop impingement.

Up to 32% players have suprascapular nerve layering. This customarily happens at the spinoglenoid space (completely engine at this position). The outcome is infraspinatus decay. The component is generally associated with includes transmission as meager turn as could be allowed to the ball making passing not simple. This harm more likely than not comes about in light of the fact that the server intentionally stops the pursue through immediately in the wake of striking the ball. This withdrawing of the arm requires effective surprising withdrawal of the infraspinatus.

Suprascapular neuropathy is regularly inconvenience free because of joining in just. Soreness may come about because of imbalance in rotator sleeve stabilization. Low back abuse report for practically 10-14% of wounds. Hyperextension on serving or spiking may impact the single person to aspect damage.

Joint Injuries separation of joints is a principle damage. Truth be told, it is a separation of surface of skeletal substance the are taking after kind of dislocation.

A joint formed by the meeting of two or more bone of the skeleton. Joint in our body help us in performing different types of movements. A joint depending on its type may allow for slight movement free movement or no movement at all. Therefore we can classify the joint as follows:

1. **Immovable joint**- In such joint bones are united eight by cartilage, as in the case of first rib and the sternum or with saw like edges as in the skull.
2. Slightly movable- Such joint are formed by two surfaces unite together by ligament with fibrous cartilage placed in between the bony surfaces as in the case of joint between the bodies of vertebrae.

3. Freely movable- In such joint the two ends of bone are covered with cartilage and connected by a fibrous capsule. The capsule is lined with synovial membrane which secretes a fluid to lubricate a joint freely movable joint are:
   a. Gliding joint- Examples of such joint are the joints between the processes of adjacent vertebrae.
   b. Hinge joint- such joint allow movement in one plane only as in the case of elbow or knee joint.
   c. Pivot joint- in this joint a pivot like process rotates about its long axis as in the case of Atlas and the vertical process of Axis.
   d. Condyloid joint- In this type of joint a concave joint surface as in the case of wrist joint.
   e. Saddle joint- the joining surfaces of such a joint are concavo-convex. A saddle joint. The carpo- metacarpal joint of the thumb is an example.
   f. Ball and socket joint- In this joint the spherical head of a bone fits into a cup like cavity as in the case of hip and shoulder joint. Injuries to joint impair joint movements.

- Dislocation- dislocation is an injury to a joint in which adjoining bone are displaced from their normal position. Ligament that bind the joint also get injured frequently in a dislocation.

Fractures also occur frequently with dislocation. Injury to the ligament in a dislocation is called ligament sprain. Shoulder, elbow, thumb and finger joint are the joint that get dislocated frequently.

**SIGNS AND SYMPTOM OF DISLOCATION**

1. Sever pain over the joint.
2. Swelling at the joint may be visible.
3. Inability to make movements of the joint easily.
4. Deformity in the shape of a joint
a). dislocation of easier jaw - Generally, it happens when the button strikes to any viable question. It might additionally happen if mouth is opened exorbitantly.

b). dislocation of shoulder - separation of shoulder joint may happen because of sudden rascal or a fall on hard surface. The close of the hummers turns out from the attachment.

c). dislocation of hip joint - By putting most extreme quality spontaneously may cause separation of hip joint. The closure of the femur is separation from the attachment. These are the critical volley-ball wounds which basically happen to the players.

➢ Tennis Elbow it is an irritation of the muscles, tendons or wrapper of bone on the elbow. It may occur due to repeated tension in the tissues that put together the forearm muscles to the elbow area or due to the unexpected tension on the forearm. It is in fact a joint injury.

SIGNS AND SYMPTOM OF TENNIS ELBOW

1. throbbing and compassion (weakness) more than the joint. Twinge increases with fascinating or turning round to forearm.
2. frail hold.
3. So many hurting when distortion the hand and arm.

• Rotator Cuff Tendinopathy The rotator sleeve muscle is in order of customary change of the shoulder. They include the infra spinatus, teres little and supraspinatus muscles. These muscles are put underneath a real episode of strain particularly in recreations some place your arm is above your head an impressive measure. An astonishing sharp misery in the shoulder may indicate a possible fall into deterioration of a tendon, while an accelerating onset is more slanted to be disturbance.
- **Suprascapular Neuropathy** this is a circumstance found in Volley-ball players and other 'overhead games' the place the grit that runs the length of the highest point of the shoulder sharp edge gets compacted. It is consideration to be cause by the"floater serve"where the player has got to stop the overhead complete immediately in the wake of striking the ball.

- **Hand Injuries** Hand wounds are general when endeavor to piece a spiked ball. Sprains and strains are generally general, emulated by breaks and injuries and separations with the thumb

- **little finger** animal basically at danger. The Meta- carpophalangeal joint of the thumb is the principally consistently harmed tendon in the hand (distinguished as a thumb sprain) by the side of with finger sprains.

- **Thumb sprain** Once the thumb is bent out of its usual range of Movement (more often than not backwards) injure come about to the ligament behind the joint to the bottom of the thumb (meta- carpophalangeal joint). It is ordinary within skin, contact sports and ball spots such as basketball and net ball.

- **Finger sprain** A sprained finger occurs when the finger is bent in some way cause harm to the ligament which related bones together .the is general in ballgame such as American football, basketball, cricket handball etc. its is general for the ligaments at the surface of the finger (collateral ligament) to damaged.

- **Patella Tendonitis (Jumpers Knee)** A general abuse damage brings about agony on simply bring down the base of the kneecap or patella. The patella tendon (or ligament as it is frequently called) interfaces the kneecap to tibia skeletal substance. Underneath colossal burdens, for example, those concerned in bouncing an incomplete break can happen.
This can frequently expedite delicacy and decay of the tissue. Manifestations involve torment when pressing in at the bottom of the patella, throbbing and solidness in the wake of preparing and ache when you get the quadriceps muscles or bouncing.

**SIGNS AND SYMPTOM OF JUMPER KNEE**

1. Swelling and aching pain around or under the knee cap on the inner side
2. Symptoms worsen after walking running, climbing a hill, squatting or jumping up.
3. Sometime **Giving Way** at the knee or the knee does not support body weight.

- **Ankle Sprain** The lion's share general sort of Ankle damage is a sprain. A sprain is extend and tearing of ligaments. (You sprain a ligament and strain a muscle). The larger part general mischief finished in lower leg sprain is to the talo-fibula ligament. Assuming that the damage is more terrible you may additionally hurt the calcanao-fibula ligament. Notwithstanding the ligament hurt you potentially purpose well have harmed tendons too.

- **Shin Splints** Shin supports are the name specified to throb at the front of the more level leg. The most general reason is delicacy of the patriotism of the tibia (sheath close-by the skeletal substance). The mischief is a misuse harm and could be made by running on hard surfaces or running on tip toes.

   It is moreover general in recreations where an extraordinary arrangement of jumping is concerned. Expecting that you a larger number of astounding than publicize then you are furthermore more at risk to this mischief.

- **Crotch Strain** There are five adductor muscles, the pectin us, adductor brevis and Adductor long us (call minor adductors) take off since the pelvis to the thigh skeletal substance and the gracilis and adductor Magnus (increased adductors) take off beginning
the pelvis to the knee. The most discriminating limit of these muscles is to draw the legs together.

They are furthermore used an impressive measure inside sprinting, playing football, stallion riding and hopping. A break or tear in the muscle normally happen when sprinting, embellishment or when kicking astonishing that doesn't be in development.

- **Hamstring Strain** A hamstring strain or a pulled hamstring as it is now and again called is a tear in one of the hamstrings muscles (Semimembrinosis and Biceps femoris). It again and again comes about because of an overabundance of the muscles or attempting to be in movement the muscles excessively quick. When you have being used a contact in the again of the leg it has became treated as an injury.

If not read on strains are general in each one games chiefly ones where sprinting is apprehensive. Running spoil to the hamstring is remarkably commonly. They go from an entire crack of the muscle to micro tears that the player without a doubt not distinguish around then.

- **Calf Strain** The calf muscles embody the Gastronomies' which is the full-size muscle at the again of the simpler leg and the Sole us muscle which is a less indispensable muscle drop down in the leg and under the Gastronomies. Similarly of these two muscles be fit for be kept tabs on (torn). Plantar Fascistic (Heel Spur)

- **Plantar Fascistic** is a damage initiating heel torment and foot torment. The Plantar Fascia or bend ligament is a band that runs from underneath the heel to the front of the foot. A crack can every once in a while happen at the inference of the curve ligament and bring about bothering and heel torment. This is supplementary general in games where hopping is noteworthy. In the epidemiological studies, damages happen throughout arrangement or rivalry irregular or hampered play or important uncommon medication to proceed with play or if the wounds made play not conceivable.
These damages may happen in volley-ball for a multitude of explanations incorporating dishonorable readiness or preparing absence of suitable footwear or security mechanical assembly. The present study was delimited to just male and female taking an interest in entomb college volley-ball competition. The finding of study will help to highlight the event of damages in volley-ball game.

**FIRST AID AND REHABILITATION OF SPORTS INJURIES**

In spite of improvement in quality of equipment used and facilities available for caring on sports activities, accidents and injuries do occur during such activities. It is a matter of common knowledge that participation in sports activities can lead to all sorts of injuries. From simple contusion to dislocations, fractures abrasion cut and wounds may occur during such activities. in some of the risky sports like boxing, deaths take place. Raman Lamba of India suffered a head injury while playing cricket and lost his life. the risk of accidents and injuries is much more in contact sports like football. Injury risk is also considerable in sports like mountaineering and skiing etc. some sports injuries develop slowly.

**FIRST AID**

An accident or injury at home on the sports field or elsewhere is not an unusual happening. An injury can be a cut, wound, sprain or a fracture. Whatever may be the case such injuries require immediate attention sometime if immediate help is not provided to the victim before the arrival of a skilled medical aid the injury can result in some serious complication. The immediate assistance provided to the victim of an injury illness or accident before the availability of a skilled medical assistance of doctor is called **first Aid.**

Physical education and sports activities demand sufficient knowledge of first aid since participation in sports involves variety of movement which some time lead to variety of injuries. Therefore, whosoever enters in the play field, gymnasium, swimming pool, different kind of terrain and so on must have the swimming pool and in the gymnasium. Injury in sports may be as small as minor scratch on the body and as serious as may danger to the life needing prompt first
aid. First aid needs to be immediate in severe accidents complicated by bleeding. Shock and loss of consciousness.

The term first aid was adopted officially in England for the first time in 1879 by the St. John ambulance association. First aid is the process of caring out the essential emergency treatment of an injury illness in order to benefit the casualty till the proper medical services are rendered.

First aid is the immediate and temporary care given to the victim of an accident or sudden illness. The purpose of first aid till the medical aid is given by the competent and qualified medical personnel. The meaning of the alphabets of this word FIRST AID are:

- **F** - FIRST
- **I** - INVESTIGATION
- **R** - RELIEF
- **S** - SYMPATHY
- **T** - TREATMENT
- **A** - ARRANGE
- **I** - IMMEDIATE
- **D** - DISPOSAL

The reason of first aid is to protect human and person life help improvement and avoid irritation of this situation awaiting the examine of a doctor can be acquire or for the period of transportation to hospital or to the casualty’s.

**TYPE OF FIRST AID**

There are two types of first aid:

1. Self aid
2. First aid
   1. Self aid - self aid is what injured person (casualty) can do for himself. In many cases the first from help/ aid is provided by the affected person himself. Much can usefully be done by the casualty himself in stopping bleeding, supporting injured part, covering wounds,
summoning other for help and reaching the nearby health centre for emergency treatment if possible.

2. First aid- First aid means what other people can do for the victim when person or human is unaware or not capable to be in motion there help give to the wounded person is know the first aid. He may be person trained for the purpose or at least knowing the underlying principles of the first aid. He can give skilled help, prevent death help recovery and see that an injury or condition of casualty does not get worse until the doctor arrives.

The most important elements or constituents of the first aid procedure which is applicable in most of the injuries are generally expressed in one world i.e. RICE. The meaning of the alphabets of this word RICE are:-

R-REST
I-ICE
C-COMPRESSION
E-ELEVATION

**Rest** - this means that the victim stops using the injuries part and gives it rest as soon as the injury has taken place
**Ice**- use of ice. Application of ice assumes great importance to stop internal bleeding from injured blood vessels and capillaries.
**Compression**- Application of compression decreases swelling by slowing bleeding and restricting the accumulation of blood and plasma near the injured place. This can hasten the healing process.
**Elevation**- elevating the injured part above the level of the heart can help in decreasing the swelling and pain of the injured part.

**PREVENTION AND MANAGEMENT OF SPORTS INJURY**

Injury prevention beings with the physical evaluation of sports before they take up a sport. Much is known now about the hazards of each individual sport, and physical deficiencies can be
spotted at the beginning of the training season and rectified. Exercise and conditioning of the sportsman is the important to prevent any kind of injury. Physical components like strength, flexibility, power and coordination are required in different proportion for different sports. Most of the sports injuries are relatively minor and can be treated by the sportsman itself. Early treatment of many injuries result in a much shorter time off sport and easier return to practice and competition.

Accidents and injuries in game and sports programmes may occur due to many reasons. Many injuries and threats to health can be prevented by proper planning organization and conducting of sports activities. In order to prevent and minimize accidents and injuries the following precaution measures should be adopted:

1. Organizing sports by keeping in view the safety of players.
2. Using standard equipment and facilities. Periodical inspection of equipment etc.
3. Proper maintenance of playing areas.
4. Medical examination of participation. This is the most important aspect of health supervision of game and sports because health may be seriously impaired in unchecked competitions.
5. Players should be matched on the basis of age group, size and maturity etc.
6. Proper warming up before participation.
7. Wearing protective gear wherever required.
8. Using correct technique or skill for the performance of an activity.
10. Proper supervision of all sports programmes.
11. Appointment of a physician for treatment and care of injured sportsman.

Apart from the above mentioned precautionary measures, knowledge of biological and mechanical aspects of body movements in sports can help a lot in preventing injuries. Sportsman and coaches should be aware of the forces to be encountered type of lever action and impact of stress on muscles etc. in different body movements. Such awareness can help in taking necessary precaution to avoid injuries. Lot of scientific knowledge, physiological Biological and
mechanical related to sports is now available and should be used to prevent accident and injuries in sports.

**FIRST AID AND GENERAL TREATMENT OF SPORTS INJURY**

1. Apply a cold compression or ice or lint soaked in equal parts of spirit and water at the time of injury
2. Continue ice massage three to four times a day.
3. After three days apply heat instead of ice massage and massage gently to reduce swelling.
4. Stop any movement of the injured part. Apply ice compression and take medical advice.
5. Wrap the affected part by crepe bandage.
6. Wash area of injured part with soap and warm water.
7. Take immediate medical assistance if some foreign material is stuck deeply in wound
8. If infection is suspected take medical assistance.

**SOME FIRST AID AND GENERAL TREATMENT OF SKELETAL INJURY.**

1. Steady the injured part some support to prevent any further deterioration. This becomes all the wound or bleeding etc.
2. Immobilized the fracture by using (a) bandage and (b) by splint or splints. The bandage should not be applied on the point of fracture. It should not be tight but firm enough to prevent harmful movements. While applying bandage, the body may be used as a support. Improvised splints may be used.
3. Bandage must be applied according to the requirement of the injured part.
4. For transporting the injured person to a hospital a sitting position is desirable but in complicated cases he/ she should be transported in a lying position on a stretcher.

**SOME FIRST AID AND GENERAL TREATMENT OF JOINT INJURIES**
1. Do not try to adjust or reduce the dislocation yourself.
2. Steady and support the limb in a comfortable position by using some cushion or padding
3. Let the injured person sit on a chair or lie on a bed in a comfortable position
4. Keep the person warm.
5. Get proper medical aid as soon as possible. The doctor should be able to realign the dislocation bone within six hours of injury. Delay can result in many tissues losing their elasticity.

**REHABILITATION**

After getting clearance from the doctor and when supportive bandage is not required the begin daily rehabilitation exercises prescribed after clearance from the doctor and when supportive wrapping is not needed. Use ice massage for 10 minutes before and after workouts.

Rehabilitation is the process by which a player or a person who has suffered an injury or disablement in a game or an activity is restored to a state in which he is able to play again or perform an activity. It is a process of physical and mental reconditioning which begins with first aid treatment of doctor or admission to a hospital and ends when the player is back on field. Through rehabilitation full flexibility, strength, motion and endurance can be restored in an athlete.

In cases of simple injuries like abrasion, minor cut, wound, sprain, stain or inflammation in any part of the body sousing pain redness, heat, swelling and impairment or weakness of function first aid or minor treatment may help in the process of rehabilitation. However in such cases also some rest immobilization and precaution for proper functioning of a body part and removal of inflammation.

In serious case of cut, wounds, dislocation, fracture or some spinal injury, an injured player or a person may need the treatment of a doctor or of hospitalization. In such serious injuries the injured person may have to pass through the following two stages of rehabilitation:

1. **Hospitalization**
2. **Visits or admission to a rehabilitation centre**

A rehabilitation centre provides the extra treatment required after discharge from hospital for those injured who are unfit to perform normal activities properly. Injured persons visiting rehabilitation centre may fall under the following two categories:

1. The first category consists of injured players who have reached a stage of recovery where they can perform only carefully supervised movement and who need physiotherapeutic treatment in the form of massage, heat or electrical treatment.
2. The second category may consist of players who have reached an advanced stage of recovery. For example players who have had their plaster or splint etc. remove recently and who now need some advanced active exercises for restoration of normalcy in the injured part.

**REHABILITATION METHODS AFTER MOBILIZATION**

The most important stage in the recovery process of an injured players who has had an injured part immobilized with a plaster, splint or by any other means is the period immediately after mobilization or gaining of capability to move. This stage is usually looked after by a physiotherapist. An injured person can contribute a lot in his own rehabilitation by following the instruction and making his own efforts.

This process normally consists of the following steps:

1. **Remedial exercises** - Remedial exercises are essential for the early mobilization of an injured body part. Such exercises are designed to aid the recovery of function of the injured part. Sometimes the help of mechanical devices is taken for performing such exercises.

   Such exercises are a necessary part of rehabilitation process because muscles employed in an immobilized part; specially a joint cannot shorten or lengthen themselves. In such case the range of movement at the joint is limited because the flexor muscles become
temporarily shortened and extensors temperately lengthened during to their normal extent. Thus allowing a full range of joint movements.

2. **Physiotherapy Treatment**- In some cases of injured full care of the physiotherapy department or a physiotherapist is needed. In such case treatment in the from massage, heat or use of electrical devices may be needed. The treatment may include the use of ice bags, use of hot max, use of water as a heating agent (Hydrotherapy) and treatment by Infrared Rays.

   Such treatment is needed specially in a fractured limb in which the bony union is not complete or strong enough to bear the load of an activity or to bear full body weight.

3. **Use of crepe Bandages**- After removal of plaster for a limb injury an injured player almost always required a bandage to prevent swelling (Oedeme) of the tissues which may occur due to lack of support (Specially in lower limb injury). Such a possibility can be controlled by crepe bandage

   The bandage should be removing during remedial periods and replaced carefully and firmly after exercises.

4. **Remedial games**- various types of games suitable for inclusion in remedial class can be selected for a beneficial rehabilitation programme. Such game are of great value to an injured person because:
   a. They provide a break from remedial exercises which become monotonous.
   b. They help an injured to forget his injury.
   c. They help to develop more confidence in an injured person.
   d. They improve general muscular coordination.

   However the game selected should be carefully supervised and be suitable for the particular injury.

**PSYCHOLOGICAL FACTOR IN REHABILITATION**
Injured players who have to undergo a long period of treatment need mental reconditioning along with physical reconditioning. The most expert and appropriate treatment of an injury may be made useless if the injured person is not mentally cooperative or has no will-power to make a recovery. The will-power of the individual exerts a more powerful effect upon his full recovery than any outside influence.

**PREVENTION OF SPORTS INJURIES**

It is necessary the sports injuries could not be prevented. Not all, but many sports injuries could be prevented by using correct type of sports gears. There are many type of protective equipment which some time also enhance the performance and also use for our safety of the protective equipment are footwear, helmet and goggles, shields pads and hand gloves.

**FOOTWEAR**

It is very important for an athlete to go for the best shoe and ask advice which type of shoe is suitable for his sport. by using correct footwear many sporting injuries could be prevented. Cross country shoes shall be of thick padded sole which widens out at the base offers extra-stability. Theses shoes are cut away at the back which helps to prevent Achilles tendinitis. Similarly aerobic shoes shall be of lightweight with flexible sole whereas the basketball shoes must give the ankle as much support as possible and have sole thick enough to absorb the shock after jump.

**HELMETS AND GOGGLES**

Athletes must wear proper fitted protective headgear match as well as in practice injuries to the head are most dangerous and life threatening. A helmet that has saved you once from a hit of a ball or hit of a hockey stick should be replaced immediately because it is likely that it has been weekend. A cricket helmet with the additional protection of a face guard of coated metal is guaranteed to protect the players face against all the severest impact.
Many sportsmen unfortunately simply forget to protect their eyes. This is a risky attitude because an eye injury can be devastating - a broken bone of a hand or leg usually heals but a blow to the eyes may lead to blindness.

**SHIELDS, PADS AND HAND GLOVES**

Shields, Pads and Hand Gloves are essential parts of many sports. All protect the sportsman against inevitable injury. The sportsman must wear all essential protective gears before entering the field.

A custom made gum shield offers the best protection against the shin-bone in hockey. Leg guard shall be used to protect the tibia and fibula bone of the lower leg. The hand gloves are very useful for many sports. Hand gloves are used for hand protection in cricket hand gloves shall be used to protect the thumb against a blow of a ball. In skiing the hand are protected against cold. The hand gloves are also used by wicket keeper in cricket and many other games.

**WATER SPORTS EQUIPMENT**

All water sports are equally dangerous. Whenever the swimmer goes for swimming he must wear a buoyancy aid equipment. All water sports including and water skiing are dangerous. Ever if you are a competent and regular expert swimmer you must be wear a buoyancy aid equipment for the safety purpose. Whenever a swimmer goes long or deep swimming or water sports he must inform the other person that where he is going and when you expect to back. For wind surfing and water skiing a wetsuit offers good protection.

Sports person also need to protect against heat and sunburns, the sunblock cream should be used on all exposed areas to protect himself. In the open air sports exercise is also a mode to prevent injury. Exercise can be divided into three categories- stretching exercises to improve flexibility. Power exercise to improve strength and fitness exercises make the body more efficient. The
injury can be avoided by doing warm up before sport or as general fitness and supplement exercises.

**THE STATEMENT OF THE PROBLEM**

The selection of a research topic is the most important factor that one has to make in doing research. In fact it is a topic for social researcher. If researcher has not been able to select the problem properly, his effort may not yield the required result and than in some cases it may lead to disappointment and frustration of researcher. Stating a suitable problem or topic for intended research is always a difficult task for researcher. Researchers interested in take up research have the difficulty of selection a problem. Beginners use to face hesitancy because of certain uncertainty in understanding and selecting the topic for research. To get to the bottom of this difficulty it is necessary that researcher concede to the likely resource to which he can go for prepare an appropriate study difficulty.

Participation in university level male and female volleyball tournament has very much or more tournaments organized in last few years. As by every game, male & female play a part in volleyball takes for granted intrinsic danger of damage every time they practice or participate during a competition. It is interesting, how and why and what instance injury occur to volleyball players.

The purpose of the study will be to study a survey of injury occurrence to male and female university volley-ball players of Jharkhand state.

**SIGNIFICANCE OF PROBLEM**

Research helps to reflect and perform scientifically. Through research, a society can espouse positive and progressive course of action. It is very functional and constructive to find out the solution-where many rudimentary problem arrive in socio-economic, socio-political and socio-
psychological structure of the society and then research is conduct to compare the related variable for social relation. Research is significant in finding the solution to problems. Let us see the significance in the following aspects that contribute to research:-

1) The study will help to coaches and players to know about various causes of injury in volleyball.
2) The study will serve as a guideline for injury free sport.
3) The study will help the players and coaches to take preventative measures to avoid injury.
4) The study will help to minimize the injuries occurs during Volleyball game.
5) The study will focus on the condition of volleyball court or their equipment. So that it may help to take preventive safety measure and maintain properly.
6) The finding of study might provide help to trainer and the physical educationists in their professional work.
7) The study will help players to avoid injury in volleyball and ensure the peak performance among the player or trainer.
8) The finding of study will help to highlight the occurrence of injuries in volleyball players.
9) The study will help to solve the critical problem belonging to volleyball injuries to women players.
10) The result of study will help to sports administration to provide a guideline for safety apparatus and their implementation for women volleyball players.
11) The findings of study will help to progress within the field and the side of sports medicine, exercise physiology and allied sports related subjects.
12) The findings of the study will motivate to get the new dimension to sports injuries, to physical education personnel, teacher and sports loving people.
13) The result of study will help to coaches while training to player regarding classification according to individual differences. So the risk of injury may be avoided.
14) The findings of the study would provide a stage used of future research investigator in the meadow of games.
15) The findings of the study will help medical officer to identify the nature, symptom of volleyball related in injuries to players.
DELIMITATION

1. The study will cover male and female volleyball player of Jharkhand state.

2. Only the age, between 17-28 years of the subject will be used for the study.

3. The study is limited to traditional university, inter-collegiate and inter-district of Jharkhand state.

3. The study will cover only the injury pattern responsible for volleyball Player’s performance

LIMITATION

The time allowed for a study and restrictions of length in reporting it impose necessary limitation on each study. The limits of the proposed investigation should be clearly explained. Also, the investigation has to consider what variable are operating in a given situation and whether it is possible to control all variable or sources of error or not. Let us see the limitation in the following aspects:-

1. The subjects of the study will random select from universities Jharkhand.

2. Factor such as geography locations, mood state recreation activates and other such factor that my inflation subject variedly and effect this psychological study could not be Control be the research.
3. The researcher scholar could not control other psychological factor Influencing

4. The mind aspect contrentnting of the subject during the conduct of Study.

OBJECTIVE

1. Analyze through survey about the occurrence of injury to Volley ball player.

2. Analyze about the common injuries of male and female Volley ball player.

3. Analyze the effect of different injuries over the performance of volley-ball players.

4. To determine and to compare between mean differences of male and female Volley-ball players

HYPOTHESIS OF THE STUDY

The word hypothesis usually means supposition and refers to a definite and clear-cut elucidation of a given set of facts. It is a mix of two word hypo and thesis and factually hypo means beneath and thesis means a reasoned theory of rational and balance perspective. Accordingly hypothesis would means a theory which may not be fully reasoned but there is some truth in it with speculative assertion of the relation between two or more variables.
In research the role of hypothesis is significant because it provides a clear and adequate explanation of the facts related with the hypothesis. The result cannot be stated as facts with clear meaning. Hypothesis is the indispensable relationship between theory and investigation which leads to breakthrough or to addition of knowledge. The hypothesis in the following aspect:-

H1. There would not be significant gender differences in injury between male and female University level Volley ball players

H2. There would not be significant differences in injury between male and female University level Volley-ball players regarding level of participation.

H3. There would not be significant differences in injuries in training workout of male and female University level Volley ball players.

H4. There would not be significant differences in injuries due to their participation of other sport event of more then three hours in a week.

**DEFINITION OF THE RELATED STUDY**

Volley-ball injury during and practice on court in the form of any physical complaint Including competition session

**SURVEY**

To ask people questions in order to find out about their opinions related to subject.

**PLAYERS**
A human being who is very superior at sports or physical exercise, especially one who competes in prepared actions

UNIVERSITY

A college or collection of colleges at which people study for degree is called university

INJURY

Injury may be defined as an instance of being injured or the fact of being injured, harm or damage.

OR

Damage will be harm or mischief brought about to the structure or capacity of the figure initiated by an outside executor or power, which may be physical, or substance, and either by mishap or deliberate.

ACUTE INJURY

Acute is an expression used to illustrate a harm or ailment that travels every which way (rather than incessant which is constant) intense damages come and quickly have exceptionally distinct frameworks which might be very compelling and recuperate in relative short time of time.

OR
An acute is a damage that happened as of late as an aftereffect of a traumatic occasion. Intense wounds in orthopedics incorporate.

**OVERUSE INJURY**

Abuse syndromes are regular games damages that come about because of responsive utilization stress and traumata the delicate tissues of the figure (muscles, tendons, bones and) with fitting time for recuperating.