



## Resistance building–promotion of anti-biotic resistance in athletes

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### **Abstract**

*Sports persons suffer from several injuries which hamper their overall performance. Sports players need resistance building for their healthy physical fitness but there have been several impediments to resistance building. They suffer from several fatal sports injuries which affect their sporting life. Contact sports and field sports are associated with more traumatic injuries. Sports and athletic activities requiring explosive burst of speed, cutting and turning maneuvers, and jumping and landing increase risk of injury to the lower body. Preventing sports injuries is vital to amplifying sports performance, a focus should be placed on maintaining overall health and conditioning of the player. Anti biotic resistance building has been much debated topic. This paper examines the challenges of resistance building among sports persons through anti biotic support.*

**Key words:** resistance building, challenges, sport persons, overcoming injuries, psychological support systems, anti-biotic resistance

**Factors contributing to sports injuries** –the following contribute to sports injuries

1. Equipment used for play,
2. Level of competition of play,
3. Level of contact of play,
4. Level of training of play
5. Playing style of play,
6. Rules of play,
7. Technique of play

**Sports injuries classification** - There are many injuries common to particular sports and activities

1. Football players leg fracture,
2. Golf player's / tennis player's elbow fracture,
3. Runner's / athletes knee injuries,

4. Skier's thumb injuries,
5. Swimmer's shoulder injuries,
6. Tennis player's elbow injuries,
7. Turf player's toe injuries
8. Boxer's fists injuries

Contact sports such as court sports and field sports are associated with more traumatic injuries. Sports and athletic activities requiring explosive burst of speed, cutting and turning maneuvers, and jumping and landing increase risk of injury to the lower body.

**Geographic features which affect injuries**- There are other factor less predictable that contribute to injury risks. These include



1. Weather conditions, such as heavy cold , mist , heat, variety of overuse injuries , especially if techniques are poor .
2. playing surface conditions Instructor should be well trained on enforcing proper form and instruct activities that do not cause injuries, but it is often difficult for them to watch everyone in class closely enough .
3. Faulty equipment Occasionally, they themselves do not demonstrate proper technique.
4. wrong usage of equipment

There are several other reasons which affect sports players

1. Past pain or a neglected pain or injuries can suddenly reoccur during play.
  1. unusual & faster pace of class,
  2. additional equipment used ,
  3. larger the range of repetitive movements,
  4. Improper posture ,
  5. poor balance
2. Weakness that was not noticed can cause injury if the area is stressed and falters.
3. Overuse of a joint or muscle group always can lead to pain and injury

In general, sports injuries can be classified as either due to accident (trauma) or wear and tear (overuse), regardless, there is a lot that can be done to prevent injuries.

### **Classification of injuries**

A description of the most frequent injuries related to each fitness activity is being classified as sports specific , aerobics specific , kick boxing specific , exercise specific. In preventing these injuries , a focus is also placed on maintaining overall health and conditioning, as this can often be overlooked in a highly competitive sports environment. Although these activities usually offer a great cardio workout , the repetitive motions can lead to a

variety of overuse injuries , especially if techniques are poor . Instructor should be well trained on enforcing proper form and instruct activities that do not cause injuries, but it is often difficult for them to watch everyone in class closely enough . Occasionally, they themselves do not demonstrate proper technique.

Repetitive quick twisting and kicking motions in kickboxing are risky to backs and legs. weight that are gripped too tightly or too heavily can lead to wrist , arm , and shoulder injuries. Foot injuries can also be due to shoes that have insufficient support or have lost their cushioning or support from overuse. Ankle sprains , plantar fasciitis, and calf injuries are common among athletes. The chances of antibiotic intake increases during these injuries (



Fayock & others –Anti biotic resistance in athletes 2013) .

**Factors increasing Risk of Injuries**

- Injuries become more amplified through risks taken such as Faster pace of training , Larger & more stressful motions , More innovative types of using sporting equipments , swifter changes , recurring tedious & monotonous movements , neglecting past injuries all these are threatening to injuries

**Basketball-** The most common injury to a basketball player is an ankle sprain . Knee injuries to the ACL and meniscus a\can also be common, along with finger dislocations, jams , and fractures. Contact injuries and falls can result in more serious injuries . Overuse injuries can lead to sprains , strains, and tendonitis, including jumper’s knee(Patellar tendonitis). ACL injuries can occur three to six times more in female than male basketball players. ACL tears usually require surgery and three to six months of recovery time ,

**To prevent injuries in basketball :** knee injuries can be prevented with quad and hamstring strengthening, balance activities, and improved jumping and landing techniques . An excellent conditioning program includes cutting maneuvers, skill drills, and single-leg jumping and landing techniques. Box jumping, side stepping, running cones, and jumping rope on one leg is great practice

**Bowling** - Players engaged in Bowling often suffer from muscle injuries. Besides Bowlers suffer from back, knee, elbow, wrist, and finger sprains . Most injuries are soft tissue sprains or tendonitis, although occasional injuries occur related to falls or dropped balls. To prevent bowling injuries: Bowlers should engage in general strengthening exercises which releases the stress. Bowlers should also add 30 minutes of cardiovascular activities to their workout schedules 3 to 5 days a week & this can act as a best treatment.

( Fayock & others –Anti biotic resistance in athletes 2013)

**Boxing** Besides expected contact injuries , boxers tend to suffer upper extremity injuries , including wrist , elbow , and shoulder sprains. shin splints , Achilles tendonitis, plantar fasciitis, and knee and leg tendonitis can occur due to repeated short , quick steps and jump- rope training. preventing injuries in boxing sport upper body strengthening is recommended , particularly to the wrists and shoulders. Proper punching , jabbing, and defensive techniques are crucial to avoiding overuse injuries. Wrapping should be done correctly to protect the finger hands, and wrists. Protective gear, including headpiece, mouthpiece, chest guards , and groin protectors, should be adequate and fit properly so they are optimally



functional. It is suggested to wear well-cushioned, supportive cross-training shoes when training to prevent overuse injuries in the legs, ankles, and feet. (Karl S & David S -anti biotic resistance : understanding & responding to an emerging crisis 2014).

**prevention of injuries** : To prevent injuries several methods have been advised through sports clubs & organizations. . Such as engaging alternating days with other activities or resting for a couple of days. Abstaining from any movements or activities or use weights or equipment which pose painful effects with , and especially avoiding those that cause pain. (Karl S & David S -anti biotic resistance : understanding & responding to an emerging crisis 2014).

#### **Anti biotic resistance building-**

Antibiotics can treat bacterial infections dramatically, once deadly infections are now curable bacteria that are no longer killed effectively by antibiotics. These bacteria are known as antibiotic resistant, and they're a growing problem in medicine. Frequent antibiotic use over long periods of time puts selective pressure on bacteria, and causes resistance to spread. When an antibiotic is used to treat a typical bacterial infection, most bacteria are killed. ( Sharma J.P.-Sports dictionary ,Exercise physiology & sports, & organization &

management of physical education & sports; Khel sahitya Kendra , 2005).

Sometimes, however, a bacterium with an advantage lives. This bacterium can then reproduce and pass its advantage on, creating many more antibiotic resistant bacteria. Many antibiotics are made from compounds bacteria or fungi produce to help them compete in their natural environments. (Karl S & David S -anti biotic resistance : understanding & responding to an emerging crisis 2014).

This means that in nature, bacteria are under selective pressure to pass on advantages, just like they are when we treat an infection with antibiotics. Sometimes in medicine, antibiotics are used too often or incorrectly, which can cause resistance to spread faster than it would naturally. The emergence of antibiotic resistance creates a new challenge for public health, and there is no simple solution. To treat a resistant infection and prevent resistance from spreading, doctors sometimes prescribe a broad-spectrum approach. This approach combines multiple antibiotics that attack bacteria in different ways. It can work better because it is unlikely that a single bacterium will be resistant to multiple antibiotics. (Karl S & David S -anti biotic resistance : understanding & responding to an emerging crisis 2014). This approach kills many more friendly bacteria and can cause related health complications.



Antibiotic resistance can also be prevented in other ways. Doctors are being extra careful not to prescribe antibiotics unless they're absolutely necessary. You can help too. If you need to take an antibiotic, follow the instructions carefully and finish your prescription even if you start feeling better. Antibiotics are a valuable tool for fighting bacterial infections, and using them responsibly will help.

**Conclusion-** thus preventing sports injuries is vital to amplifying sports performance , a focus should be placed on maintaining overall health and conditioning of the player. preventing sports injuries is vital to amplifying sports performance , a focus should be placed on maintaining overall health and conditioning of the player. Anti-biotic resistance building has been much debated topic. The challenges of resistance building among sports persons through anti biotic support needs to be understood in the light of these developments.

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