

# IDENTIFICATION OF INJURIES IN ATHLETES BEGINNER BADMINTON SE-D.I.YOGYAKARTA

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## ABSTRACT

Badminton is the most famous sport in the world. These sports attract different age groups, different levels of skill, from men and women play this sport indoors or outdoors for recreation as well as a venue for the competition. Ball badminton is not reflected and should be played in the air, so this game is a fast game that requires reflex good and a high level of fitness. Badminton players can also take from this advantage in terms of social, mental hiburandan (Tony Grice, 1996: 1). In Indonesia, badminton is a sport that is much in demand and have earned a place in the hearts of the public, various groups began to enjoy the sport that it is said sport rich. Assumptions about it now faded and now all got interested to undergo badminton, do not mess even now begin many areas that hold badminton championships "tarkam" was very well socialized enthusiastic to participate in this championship. For example in the city of Yogyakarta, in this city began a much-loved badminton community have met many badminton clubs officially registered in PBSI even sekelah parent club that began much. Badminton in said sport has a high intensity movements because so many have suffered injury as a result of this game. According to Paul M and Diane K (1996: 5), there are two types of injuries often experienced by athletes and acute trauma syndrome is protracted. Acute trauma is a serious injury that occurs suddenly, such as injury to the ligament tear streaks, or fractures due to falls. While over-use syndrome is an injury that stems from the presence of an abnormal force a low level or mild, but lasted repeatedly in the long term.

Kata Kunci: *Injury, Badminton, Identification*