

國立臺灣戲曲學院穿圈運動傷害之研究

陳俊安 陳儒文 吳承恩 李曉蕾 田國華

摘要

本研究旨在瞭解國立臺灣戲曲學院穿圈運動傷害之現況。本研究以問卷調查法收集研究資料，對國立臺灣戲曲學院民俗技藝學系學生及臺灣特技團團員進行調查，共發放30份問卷，回收有效問卷30份，回收有效率為100%。

資料透過描述性統計及次數分配等處理研究資料，以百分比呈現穿圈運動傷害之傷害情形、傷害處理、治療情形與傷害防護等四大面向。本研究主要結果為：

一、從事穿圈訓練發生運動傷害之情形，學生及團員在從事穿圈訓練中發生傷害時機，以「於訓練時發生」機率最高，佔90.0%；最容易發生傷害

地點是在室內(綠波墊)，佔66.7%；最容易受傷部位以右腳踝關節，佔

53.3%；穿圈運動受傷的類型以扭傷為最多，佔33.3%；穿圈傷害的動作

比率，以落地佔66.7%為最多；穿圈傷害之原因，以姿勢不正確佔33.3%

為主要發生運動傷害原因。

二、穿圈訓練發生運動傷害之傷害處理方式，以冰敷為最多佔86.7%；其尋醫

途徑以西醫(含物理治療師)為最多，佔66.7%；其尋醫對象主要原因以自

身就醫經驗為最多，佔53.3%。

三、穿圈運動訓練傷後治療情形，其疼痛感以偶爾為最多，佔70.0%；其持

續治療以否為最多，佔73.3%；其繼續運動原因，以自我要求為最多，佔

63.3%。

四、穿圈訓練運動傷害防護認知，其表演前或訓練前熱身運動以0~20分為最

多，佔63.3%；其表演後或訓練後緩和運動以偶爾做為最多，佔53.3%；

其平常訓練或表演結束後馬上冰敷習慣以沒有做為最多，佔53.3%；其表演或訓練是否會做局部貼紮者，以是為最多，佔70.0%；其傷害防護知識來源，以教練、老師為最多，佔93.3%；其傷害防護重要性認知，以很重要為最多，佔60.0%。

關鍵字：穿圈、運動傷害、戲曲學院、民俗技藝學系

The Sports Injuries Research of The Hoops Leaping Acrobatics Sport in National Taiwan College of Performing Arts

Chen,Chun-An* Chen,Ju-Wen** Wu,Cheng-En***

Lee,Hsiao-Lei**** Tien,Kuo-Hua*****

According to this research, we tried to understand the recent situation of the sports injuries that caused by the hoops leaping acrobatics sport which happened in National College of Performing Arts. In the research, we used the questionnaire survey to collect the data and investigated the students in National Taiwan College of Performing Arts along with the members of National Taiwan College of Performing Arts Troupe of Acrobatics, released 30 questionnaires in total and regained all of them, all 30 of them are effective questionnaires and effectively regained rate is 100%. We dealt with the data through the methods of descriptive statistics and frequency distribution etc. and separated the result into four parts then present by percentage, in order to present the injuries situation, the emergency treatment situation, the treatments and healing situation and the injuries protection situation. The main result of this research:

No1.

The timing that the students and the troupe members get the sports injuries

cause by hoops leaping acrobatics sport, appears to be at “practice time” , with the rate up to 90%, and the most likely place is the indoor training course even with cushion. Besides, the right ankles are the easiest body parts to be hurt, the rate up to 53.3%, the most common injuries type is sprain, up to 33.3%. According to the action ratio of the hoops leaping acrobatics sport, the landing is the main one, up to 66.7% and the main reason that causes these injuries during the sport is the wrong positions, up to 33.3%.

No2.

The emergency treatments for the sports injuries cause by hoops leaping acrobatics sport contain with the ice, as the most common treatment, the rate up to 86.7%, which follows behind it is the western medical treatments (including the Physical therapist), up to 66.7%, and the reasons for those who chose to go to a doctor are due to their personal medical experiences, up to 53.3%.

No3.

Tracking the healing and treatment situation, we find out that most of them would feel the pain occasionally, up to 70.0%, however, many of them chose not to treat their injuries continuously, the rate up to 73.3%, and the most common reason for them to go back to practice is their self-request, up to 63.3%.

No4.

When it comes to the sports injuries prevent knowledges about the hoops leaping acrobatics sport, we find that up to 63.3% of them used to warm up for 0 to 20 minutes, and up to 53.3% of them used to cool-down after perform or practice once in a while as the highest number, and most of them are not used to ice immediately after regular performance or training, the rate up to 53.3% as the most common situation, and most of them used to have the sports taping before the performance or competition, up to 70.0%. In addition to these, most of them learned their sports injuries prevent knowledges from their coach and teachers, up to 93.3% is the highest, besides, most of them consider these knowledge as something very important, the rate up to 60.0%.

Keywords : hoops leaping acrobatics sport, sports injuries, National Taiwan

College of Performing Arts, Department of Acrobatics