

# The Most Common Sports Injuries in Gymnastics Courses among Female Students of Physical Education Faculty at the University of Jordan.

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- **Abstract:** The current study investigated the most common sports injuries in gymnastics courses among female students at the Faculty of Physical Education at the University of Jordan, in addition to identifying the types, causes and locations of injuries. The sample of the study consisted of (34) female students enrolled in gymnastics course at the Faculty of Physical Education. For data analysis, the researchers used frequencies, percentages, and t-test. The results of the study revealed that the most common cause of sports injuries is improper warm-up; that the body's most exposed location for sports injuries was the wrist joint; and that the most common type of injuries was the muscle strain.
- **Keywords:** Physical Education, data analysis, gymnastics course,