

Abstract

Title: Inclusion in Swimming

Objectives: The aim of the bachelor thesis is to identify the conditions and success of inclusion of disabled people in the swimming training of healthy athletes. The sub-objective was to collect information on specifications of training of disabled swimmers; coaches' preparation; and advantages and disadvantages of inclusive training. Seven research questions had been identified.

Methods: Questionnaire survey method was used to collect information about the process of inclusion, and selected swimming coaches with experience with inclusion were asked to fill it out. Answers were analyzed and interpreted in the results section of the thesis and supported with graphs and tables.

Results: Research has shown that inclusion is possible in most cases immediately or within one to four weeks; that there is a lack of barrier-free space for quality training; that clients are able to adapt to a group training of non-disabled and do not require a special training for themselves; that trainers are not actively seeking for a cooperation with clients-athletes, and that the first impulse usually arises from the athlete or a person close to the athlete; that the disabled athletes are often competing in races with healthy swimmers; and, finally, that the trainers are encouraged for further inclusion.

Conclusion: The survey demonstrates that inclusion of disabled swimmers is possible, but that its success is determined by a number of factors. These factors include a type of disability of the swimmer; professional approach of his/her coach; and swimmer's and the swim group's approach to inclusive training. The results of the questionnaire have revealed that inclusion enriches everyone involved and motivates coaches to further include disabled athletes into the swim groups.

Keywords: inclusion, sport swimming, disability, swimming training