

ABSTRACT

The aim of the diploma thesis is to observe the influence of articular mobility through swimming lessons in younger school age children. Verified articulated mobility tests are used for these findings. Testing will take place twice, at the beginning and at the end of the swimming training over the course of one half-year. Testing will be done in two groups of children. The first group consists of students who participate in compulsory swimming lessons. The second group consists of children regularly taking part in swimming training in the swimming section in Brandýs nad Labem. In addition, people divided into swimmers and non-swimmers, and into boys and girls, were tested. The theoretical part of the thesis deals with the characteristics of motor abilities with focus on flexibility, characteristics of younger school age children and swimming training and swimming. The practical part consists of a description of the experiment and analysis of the results of the individual flexibility tests. The results of the work have shown that swimming is an appropriate means of developing flexibility. Improvements in all the groups studied were confirmed.

KEYWORDS

motor ability, flexibility, swimming, swimming training, younger school age, motor tests, student