OPPONENT’S REPORT ON THE BACHELOR’S THESIS

Author: Christodoulos Tsangarou

Topic: The General Development of Strength in Swimming

Opponent: Mgr. Veronika Kramperová, Department of Swimming Sports

Strength training for swimmers is one of the broadest and most contentious issues in the sport. The purpose of this work was to analyze the effects of strength conditioning training exercises on swimming performance in competitive swimmers.

Thesis is well-balanced in structure and correctly presented. It consists of 6 main chapters. The thesis is written on 26 pages altogether. Author used a lot of quality sources, especially in form of current researches and scientific papers.

Investigation results should be summarized in table for clearer overview. For example: „Table 1. Summarizing of the studies concerning the influence of strength and conditioning programs on swimming performance“.

Even though the thesis was written in a correct way, there are some errors. Below some inaccuracies are pointed out:

- Page 6, chapter Introduction, line 1, there is inappropriate formulation in scientific text - “The sport of swimming is one of the most exciting sports”.
- Page 8, paragraph 2, line 5, there is extra letter “s” in name of author - “Masson” should be replaced by “Mason”, and typing errors in names of authors - “Chatard” should by replaced by “Chatar”; “Kinduff” = “Kilduff”; “Lytte” = “Lyttle”
- Page 9, paragraph 4, line 4, there is extra comma in citation - “Tanaka et al., (1993)” should be replaced by “Tanaka et al. (1993)”
- Page 10, paragraph 1, line 5, there is extra comma in citation - “Aspenes et al., (2009)”, should be replaced by “Aspenes et al. (2009)”
- Page 10, paragraph 1, line 7, there is extra comma in citation - “Garrido et al., (2010)” should be replaced by “Garrido et al. (2010)”
- Page 11, paragraph 1, line 4, there is typing error in name of author - “Bunker” should by replaced by “Buckner”
- Page 12, paragraph 3, line 5, there is a missing space in citation - “Harris et al.(2000)” should be replaced by “Harris et al. (2000)”, and authors are missing in bibliography
- Missing citations - Behm et al. (2017) are missing in text; Williams et al. (2017) are missing in text; Wisloff et al. (2004) are missing in text

This bachelor thesis I can recommend for defense. Suggested grade: C (good).

Questions for the defense:

1. Do you recommend dryland plyometric exercises or stroke-specific power movements in the water by using training equipment (e.g. fins, paddles, parachutes) during the championship phase? Explain the reasons why.

2. What type of core training is beneficial for swimmers?