

Abstract

Title:

Analysis of stroking movements of crawl technique in persons with visual disabilities.

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Objectives:

The aim of the study was to determine differences among swimming technique of visually impaired swimmers and fully health swimmers.

Methods:

To assess the technique of the crawl swimming method, we used a 50 m swimming test, which we recorded and subsequently evaluated using the SmartPaddles technology and application.

Results:

Based on the results, we can say that the biggest differences in the technique of VI and fully health swimmers we recorded in the number of strokes per minute, in the total speed and in the execution of the stroke curve with the right and left hand. Fully health swimmer evenly distributed muscle strength between the two arms, while a swimmer with a VI had trouble maintaining muscle strength throughout the stroking movement. We have found that for visually impaired swimmers, it is necessary to devote more time to training and mastering swimming techniques than for healthy swimmers.

Keywords

Swimming technique, crawl, visual impaired, SmartPaddles.