

TITLE

Influence of the obligatory swimming course on flexibility of children in younger school age at Hostýnská Primary School

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ABSTRACT

This Master thesis aims at flexibility of children in younger school age. Specifically, to determine the effect of basic swimming course on the joint mobility of younger school age. We will use verified tests for joint mobility for this detection. The testing will take place twice. The first time it will be at the beginning of the swimming course and the second time it will be after two months of ongoing swimming course. The tested group will consist of pupils from the Hostýnská Primary School who have participated in the swimming course. Boys and girls will be represented equally. The theoretical part will focus on the characteristics of younger school age, the characteristics of motor skills, especially on flexibility and swimming and swimming training. The practical part will be devoted to the description of research and analysis of the results of individual tests.

KEYWORDS

Swimming course, coordination, flexibility, children, Junior classes of Primary School