

ABSTRACT

The objective of this bachelor thesis is to create a rating scale that would be convenient for the evaluation of the swimming breaststroke technique of the students of physical education. The premise of the thesis is to specify a model technique, which corresponds to the students and also to formulate criteria for evaluation of the swimming breaststroke technique. The theoretical part of the thesis consists of a closer look at the specification of the model swimming breaststroke technique and possible deviation of this technique. To follow up on this knowledge, a yes/no rating scale is developed, as well as a observing, sving and a method of quantitative analysis of statistical data is used. The final research results revealed deviation from the breaststroke technique mostly in breathing movements of arms, the body posture, movements of legs and coordination of breathing together with arm movements