

Abstract

Title: Methodical material for diving children prep school

Objectives: The aim of this bachelor's thesis is to create didactic material for diving children prep school, which is modified to children of younger school age and the requirements in the follow-up diving courses for children. Part of the work is a selection of key diving skills and their methodology and basic diving theory.

Methods: The bachelor's thesis was prepared by comparing two programs offered in the Czech Republic. One is from CMAS, as the author of this work is part of this system. And the other one from SSI, where the author of this work works in practice for a while. The method of analysis of professional materials dealing with the issue of diving training for children. The author's experience from practice in a diving club was also used.

Results: The results of the work are pieces of information about diving training for children of age eight to fourteen. The theoretical part deals with the comparison of two offered training programs designed for children. It also includes a demonstration of the possibility of continuing in the follow-up diving training for children. This theoretical pieces of information are then applied in the results in the form of a specific structure and content of individual lessons for diving children prep school. Timing of individual parts of lessons, their goals and examples of individual exercises modifies for children's training. Furthermore, an example of suitable theoretical part is given for individual lessons, where the theory is suitable for the content of the chosen lesson and a smooth connection to the next one should be discussed.

Keywords: diving for children, diving training for children, lessons for diving children prep school