

ABSTRACT

Title: Application of backstroke technique for persons with higher spinal lesion

Goal: The goal of this bachelor thesis is to verify methodical series of J. Nevrkla and M. Kovář for persons with higher spinal lesion in training of a modified backstroke technique

Methods: This work is intent on one of sport activities – swimming. We used a cased study where was chosen swimming methodical range for handicapped people and which was made by J. Nevrklou a M. Kovářem. We chose a swimming technique backstroke and its modification of the swimming methodical range. We applied single swimming items to people with infliction of higher spinal lesion. Course of education of each of those people was written down for later analyse.

Results: Swimming methodical series for backstroke was used for five persons with handicap higher spinal lesion. All persons achieved the swimming literacy without using any relieving help and help of any other person. Doing the systematic training of this method we gained not only swimming literacy of persons but also their condition was influenced together with their state of mind which was causes by influence of aquatic environment on organism.

Conclusion: Swimming methodical series created by J. Nevrkla and M. Kovář could be used within hydrotherapy for persons with handicap higher spinal lesion. Handicapped is able to reach, in the specific time, the swimming literacy, the orientation in water and the feeling of self-improving. The swimming could be select as one of the free-time activity.

Key words: spinal lesion, rehabilitation, kinetic activity, swimming of persons with spinal lesion, swimming style backstroke