

**Charles University**  
**Faculty of Physical Education and Sport**

**Opinion of the opponent of the bachelor's thesis**  
**Sport research center**

Student:	<b>Daniil Mazikov</b>
Theme:	<b>Teaching children to swim at a younger and older age for the purpose of strengthening the body</b>
Goal of work:	To identify and prove the strength effect that appeal on children engaged in swimming
Supervisor:	Mgr. Zuzana Dragounová, Ph.D.
Opponent:	PhDr. Pavel Hráský, Ph.D.

Thesis structure	
Pages of the text:	79
Number of literature resources:	19
Tables, graphs, pictures:	4, 1, 7

General criteria	Value level			
	1	2	3	4
<b>Theoretical knowledge</b>		x		
<b>Practical experiences</b>		x	x	
<b>Background materials (input data) and their processing</b>			x	x

Thesis evaluation criteria	Rating			
	1	2	3	4
Degree of fulfillment of the goal of the work		x	x	
Logical construction work		x		
Work with foreign literature, including citations				x
Adequacy of methods used			x	
Depth of analysis performed			x	
Degree of feasibility of the solution			x	
Formal editing of work (text, graphs, tables)			x	
Stylistic level		x		
Thesis requirements for base materials, consultations, surveys			x	

Usability of ideas, suggestions and recommendations to solve the problem			x	
Content and relevance of annexes in the text or annex. parts of BT (tables, graphs, calculations, etc.)		x	x	
<p><b>Conclusion:</b></p> <p><b>Thesis is recommended to defense.</b></p>				

**The thesis was checked for plagiarism and the result is that it is original.**

**Questions for the defense:**

1. Provide some relevant studies for the design of the intervention program
2. Define the relative and absolute contraindications of exercise.
3. What effect ontogenesis has in similarly focused studies applied to children?

**Comments on the bachelor thesis**

I evaluate the choice of the topic of the thesis positively. The mentioned issues of teaching swimming and the development of movement preconditions are very current and are discussed in detail in world literature. I find the idea to identify and determine the possibilities of a specific intervention program like a very interesting. Discussions on methods of development and use of various swimming styles are good aspects of the submitted works.

I criticize the work for the limited informative value and depth of the performed analysis, which is relatively one-sidedly interpreted. Also, the issue in the research part of the work is discussed very briefly, I lack a more detailed description. No keywords are used to analyze the theory and I miss the described procedure of searching for literary support in publication databases.

The overall level of work is further disrupted by the presence of some content inaccuracies, unsubstantiated statements and debatable sources of scientific information.

The exercises shown, on the other hand, are well done.

**Content errors:**

1. Poor and very little and sometimes NO USED ANY RELAVANT citation support for the theoretical part  
1.2 – 2.2.
2. It is not clear what key information led to the creation of the intervention program.
3. Unrelated theoretical and practical part of the work
- 4.No risks of intervention in the population are mentioned
4. Poorly processed weak discussion part with the lack of all literature

**Formal errors:**

Work structure

Formal adjustment

Ctation standard

In Prague: 17.6.2026

Hráský

Signature: