

The thesis deals with aerobic water exercise - it is mainly focused on aqua-aerobics. The influence, advantages and limitations of this sports branch are discussed as well as its contribution to the health condition, especially to its psychical and social dimension. The issue of integrating aqua-aerobics into the various levels of school educational programs is considered. The methods of analysis, literature research, data collection and evaluation of questionnaires are used. Acquired research results proved the importance of regular aqua-aerobics exercise for the health. Options to integrate aqua-aerobics into sports courses of the students of universities and the universities of the third age are suggested.