

Abstract

Title:

Tuition of crawl stroke technique to children of younger pupil age

Goal of the thesis:

The goal of the thesis is a creation of digital videoprogramme dealing with the current tuition of crawl stroke to children of younger pupil age. The programme depicts a procedure of analytic-synthetic teaching method and presents technical exercises suitable for teaching crawl technique to children of younger pupil age.

Methods:

Acquired data were collected and evaluated using basic didactic methods of theoretic and empiric acquisition by cognition, where comparison with published theory is possible. Video recordings of exercises were acquired according to a program assembled beforehand. The final videoprogramme was created using computer processing of video recordings.

Results:

Based on the knowledge gained, possible swimming exercises are suggested in a form of a digital videoprogramme. These exercises are suitable for tuition of children of younger pupil age. Digital video recording illustrates the procedure of analytic-synthetic teaching method, which is suitable for both professional and non-professional communities.

Key words:

Didactics of physical training (swimming), crawl, younger pupil age