

ABSTRACT

Title: Swimming literacy field hockey woman player ground.

Objectives: To obtain and analyze data on the level ground swimming literacy field hockey woman player. Their perception swimming literacy for life, the use of non-specific regeneration and as a training resource.

Methods: Analysis of scientific literature, survey, case study, data analysis and graphical presentation of results.

Results of the work: field hockey player as swimming literate, benefits swimming but not used as a means of non-specific training, even in the field of regeneration.

Keywords: Physical literacy, literacy swimming, hockey, sports performance, recovery.