

# **SUMMARY**

## **Title of work**

Psychological training at the sports swimming

## **Goal of work**

Goal of work is to ascertain the degree of foreknowledge and the utilization of the psychological training as well as managing the emotive condition in contest situations at sports swimming. The role of the research object played the men and women swimmers of the representative teams of the Czech Republic.

## **Techniques and methodology**

Collection of dates is based on a questionnaire survey. This questionnaire survey was put together for the sake of the goal's purpose and revised by specialists at psychology and swimming. The gained data are presented by means of the quantitative projection in the chart and graphic form.

## **Outcome**

The final outcome proves a certain cognizance of the competitive swimmers about the relevance of the psychological training. But by most of them is the psychological training considered as insufficient. Only few of the respondents take the advantage of coactions with a sports psychologist. The most frequented psychological methods used by swimmers are - verbal influencing, self-regulatory resources and music incentive.

## **Key words**

Swimming, psychological training methods, contest condition, emotions.