

## **ABSTRACT**

- Title:** Motivation for physical activities in the water for adult person
- Research:** Total physical activity of adults
- Objectives:** Implement and evaluate a case study exercise intervention with the use of swimming locomotion during the period of six months focused on increasing of total physical activity of a client aged 39 years.
- Methods:** Case study, observation, interview, timing, scaling
- Results:** The research object was an adult man at the age of 39 years. The exercise programme lasting six months contributed to improvements in his swimming literacy. The proband improved the quality of basic swimming skills, extended swimming breaststroke distance and eliminated the main errors in this technique. He mastered the basics of crawl and backstroke. The exercise programme made an assumption to the fact that swimming is to become his regularly performed physical activity.
- Keywords:** Total physical activity, physical inactivity, swimming literacy, swimming skills