ABSTRACT

The aim of my diploma thesis is to find out and influence positively with the help of some compensative exercises posture, flexibility and muscular unbalance among swimmers from the Swimming club in Jindřichův Hradec. Experimental research was divided into two measurements between which half of the swimmers did the compensative exercises. The input and output measurements corresponded with their content and evaluated posture, flexibility and swimmers’ muscular strength.

Standard tests were used for testing and evaluation. Posture was evaluated with the help of plumb line and standing on two bathroom scales. Flexibility was evaluated by standardized tests of movability according to Měkota, Thomayer and Otta tests. Muscular shortening was tested according to Janda. Standing jump, pull-ups, or rather staying power in pull-up and press-up staying power in a kneeling position were used to compare muscular strength.

Key words: compensative exercises, swimming, posture, muscular unbalance