

Abstract

Title: The evaluation of occurrence and quality of the most widely used swimming technique used by the public in Prague.

Objectives: The aim of the thesis is to find out in selected Prague pools, which swimming technique is the most widely accepted by public. Identify and compare the specific technical deficiencies in the performance of the swimming techniques with respect to age and sex.

Methods: Direct observation was used as the research method. The results of the observation were recorded in the pre-built tables. The recorded data was processed with statistical methods and subsequently were compared, evaluated and graphically represented.

Results: It was found that the most used swimming technique by public in selected Pragues pools is Breaststroke. Swimming public often used just one of the techniques - breast, for swimming locomotion. In excess of half the pool visitors had deficiencies in their breaststroke technique. This was more pronounced in older people than younger people. There was also differences between male and female with the women adopting the incorrect action of tilting their head backwards.

Keywords: swimming public, breaststroke technique, blunder, asymmetric movement of the legs, head bent backward