Summery

Title: The swimming as an activity for children with cerebral palsy

Aim:
We aim to clarify the influence of regular swimming on children with cerebral palsy. We observed how regular swimming influences the swimming style, quality of vital capacity, good physical and psychic conditions.

Methods:
The quantitative analysis (case study) was used during our research. We observed the improvement of swimming style in connection with regular swimming on boy twins (twin A was an intact individual, twin B was an individual with the diagnosis cerebral palsy) by the method of anticipating observing. During our 6 months research the value of vital capacity was measured and recorded. The part of this work was a questionnaire about boys’ physical and psychic condition recorded by their mother.
In order to come to a conclusion we used the method of observation which compared the measured values of both siblings.

Conclusion:
Generally speaking regular swimming had a positive influence on improvement of each swimming style. By twin A (intact person) a quality backstroke skills were reached later. However, the breaststroke skills were gained faster. Twin B (individual with diagnosis cerebral palsy) was better at each swimming style, breaststroke and backstroke.
Vital capacity of both swimmers did not show any specific results which could lead us to a conclusion that there is a significant influence of regular swimming. Physical and psychic conditions of both siblings clearly improved during our 6 months research.

Key words: cerebral palsy, modified sign, water environment, relaxation, swimming styles