

ABSTRACT

Objectives:

The aim of this thesis is find out the effect of the intervention compensatory exercise on the function of scapula fixators in older school-age swimmers.

Methods:

This is a one-factor experiment in which the activity of the scapula fixators will be evaluated by Jandas push-up stereotype, Kolars tilt test and swimming breaststroke. The activity was evaluated by 4 evaluators for observing objectivity. After the first initial evaluation, 8 weeks of interventional compensatory exercise will be started, which will include 9 specific exercises for strengthening scapula fixators. At the end of the experiment, the above tests are again performed to evaluate the activity of the blade fixators.

Results:

The results showed a significant weakening of the scapula fixators in 97.14% of the tested elderly-school swimmers at the start of the experiment. After 8 weeks of interventional compensatory exercise, focusing on scapula fixators, the weakening was only present in 11.43% of swimmers.

Key words:

Swimming, scapula fixators, elderly school age, compensatory exercise