

**TITLE:**

Influence of swimming on increasing flexibility as a component of the dexterity of primary school pupils in the Louny region.

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**ABSTRACT**

The aim of this thesis is to find out how basic swimming training taking place in Louny region affects joint mobility in children of younger school age and at the same time, compare the results of the measured group with similar, already conducted research from 2015 and 2018. In order to get results, proven joint mobility tests are used. Testing will take place twice in total; before the beginning and at the end of the swimming training, e. g. after the end of the ten two-hour lessons period. This research will be conducted for about ten weeks. Testing will take place at two primary schools. The test persons were divided according to gender into boys and girls, as well as whether they are non-swimmers and swimmers. The theoretical part deals with the characteristics of younger school age, motor skills - especially joint mobility, swimming training and swimming. In the practical part, I describe individual flexibility tests and the results gained from these tests. The work showed that swimming helps to develop flexibility, but in comparison with previous research, the level of mobility and the rate of improvement declined. Girls, swimmers and pupils from school B achieved better results in pretests and posttests than boys, non-swimmers and pupils from school A, but the rate of improvement was not as directly proportional to the measured groups as their results.

**KEYWORDS:**

joint mobility, flexibility, swimming, swimming training, younger school age, motor skills, motor tests