

Abstract

Title: Swimming Aids in the Swimming Classes for Mentally Disabled

Objectives: The aim of the thesis is to identify the effectiveness of swimming aids in the education of mentally disabled. The objective was to collect information from the lecturers of swimming classes for mentally disabled people in the Czech Republic. Finally, the data obtained from the questionnaire could suggest the use of floatation aid or other swimming aid during the process of learning how to swim and move in the water.

Methods: A method of a questionnaire was used to collect the information: selected swimming lecturers specializing in swimming of disabled were invited to fill it out. Answers were analyzed and interpreted in the results section of the thesis, and were supported with tables.

Results: Author's research has shown that the inclusion of mentally disabled in swimming classes has progressed. However, in the Czech Republic it was impossible to focus solely on mentally disabled as the swimming classes usually involve people with other disabilities as well. The use of an assistant during the swimming classes was very common. Author confirmed the preference of certain swimming aids among the lecturers, and on the other side, some aids were no longer used. Finally, the use of swimming aids mainly supported the overcoming of a fear from water and increased safety.

Conclusion: The research showed that swimming aids are very popular and very common in swimming classes for mentally disabled people. The successful use of teaching aids is influenced by a number of factors: the type of aid, the structure and the advancement of a swimming class, the method of a grip of the aid, and the severity of a mental disability.

Keywords: Mental Disability, Swimming Education, Swimming Aids