

Abstract

Title: Freediving teaching– methodology

Objectives: The goal of this bachelor's thesis is to develop a clear methodological material for teaching basic freediving skills.

Methods: The method of analysis and subsequent summarization was used in the bachelor's thesis. Information was also obtained through an informal interview with diving teachers and instructors.

Results: The result is a summarized material for teaching freediving with basic equipment.

Keywords: diving, freediving, diver, training, hyperventilation, snorkeling