

## Summary

### The title of the work

Evolution of the backstroke swimming technique

### The aim of the work

The aim of the work was to compile all the accessible information about the evolution of the backstroke technique since the start of the new age and describe the most significant changes in this technique.

### Methods

The historical method was used for description of the evolution of the backstroke technique. The overview of the main changes in the technique was prepared by using the comparison method.

### Result

The overview of all significant changes in accordance with backstroke swimming rules for racing.

### Key words

Swimming, backstroke, evolution, technique