

## **Abstract**

- Title:** Movement intervention for affecting of swimming skills in overweight women
- Objective:** The main goal of this thesis is influence swimming skills ( handle basic swimming skills and technique of swimming strokes) in group of overweight women in middle age, so they can use swimming as healthy physical aktivitiy in their weight loss program.
- Methods:** I used method of observation and scaling method for detect level of basic swimming skills. I also used description and assessment of swimming technique. During before and after testing I used a video camera.
- Results:** After finishing the program focused on improving in swimming skills we could watch how the monitored group handled four basic swimming skills - put face into the water, exhale into the water, chest floating, back floating. According to scale of Štochl (2002) all these women in group after absolving the program reached the maximum of 5points. We also noticed that they were able to acquire other swimming skills – repeated exhal into the water, push to chest floating, push to back floating and push to floating with rotation From the technique point of view, there was an obvious improvement in backstroke, stabilization in breaststroke technique and even mastering the beginner's technique of cowl.
- Keywords:** Physical aktivitiy, swimming skills, technique of swimming strokes

