

Abstrakt

Title: Selected parameters of the body, and performance indicators of training pupils in swimming

The Aim: The aim of this study is examine selected anthropometric parameters of the body, general practice and performance indicators swimmers aged 14 years. The survey is located on Czech Championship pupils at age 14 in Litomerice. Pupils will be investigated and pupil

The methods: The authors used quantitative research in the form of a structured survey. Data were collected through direct measurement (anthropometric data), survey (training indicators) and study material (performance probands). Examined a set of 120 swimmers had happened at the age of 14 years, who qualified for the Championship of the Czech Republic 14 years pupils, 66 boys and 54 girls. The evaluation of the results was used for basic statistics tabular and graphical display.

The results: The research group found that BMI, to some extent, affects the performance in swimming and more in boys than in girls. The average height of the swimmers in this age group is at 172.4 cm swimmer is 165.6 cm. It was also found that the height of swimmers will affect the performance in the lane of free style at the boys. High numbers of training hours are not the main prerequisite to gain medals. And when comparing the males and females was found that boys spend more time training than girls.

Key words: sports swimming, anthropometrics parametrs, general practis and performance indicators swimmers, swimming performance