

ABSTRACT

Work name: The swimming literacy of women in term of self rescue

Aim of work: To acquire and analyze data about the level of the swimming literacy and self rescue skills of women aged 18 – 72 years, whether they can handle and use them.

Method: Literature search, creation of the questionnaire, implementation survey, data analysis and graphical presentation of results.

Results: The analysis of the swimming literacy and self rescue skills of women.

Key words: literacy, physical literacy, swimming literacy, self rescue, drowning