

ABSTRACT

Work name: Motivation of women to cultivate their self rescue swimming skills.

Aim of work: Defining a set of basic self rescue swimming skills, motivation survey of women aged 18-60 years to cultivate these skills. Detection of awareness of the importance of swimming skills of the interviewed women.

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

Results: The interviewed women realize the importance and significance of self-saving swimming skills. Due to the fact that it is evaluated in terms of level of swimming skills and self rescue high they are not motivated to improve these skills.

Key words: motivation, physical activity, self rescue swimming skills