

Abstract

Thesis title: The effects of a swimming intervention on physical fitness in 6–15 years old children

Thesis aims: The main aim of this thesis has been to explore the effects of regular swimming intervention on physical fitness in 6-15 years old children and focus on the importance of suitable nutrition for this age period.

Methods: I've used in my thesis 2 research methods. The first one was the survey with 10 questions to ask the respondents about their leisure time physical activities and nutrition. For positive influence on physical fitness is the effect of healthy nutrition and other physical activities except of swimming very important. The second research method has been the standardized test battery Unifittest 6-60. For the 6-15 years old children specifically these data and measurement: age, height, weight, long jump (from static position), sit-up 60s, Leger test. In the beginning of December I've taken the first primary of measuring. After 3 months of training intervention I've taken the secondary part of measuring. Subsequently I've evaluated the gained information.

Results: We have compared the primary (entrance) measurement results and the results of secondary measurement after 13 weeks of surveillance. After 13 weeks of intervention we didn't found out statistical significant differences (tab. n. 4). Statistical significant improvement was in shuttle running test 4 x 10 m (s). In entrance measurement was the average time of shuttle run $12,6 \pm 0,8$ and after intervention $12,1 \pm 0,7$ s. This change was statistical significant on the level of significance $p < 0,05$. From the point of view of effect on physical fitness is needed to focus on substantially improvement in endurance Leger test. Namely the persons KH02 (before intervention 5min 30s; after intervention 6min 30s and AL04 (before intervention 5min 30s; after intervention 7min 30s). Positive was to use the survey as the additional research method. It was found out, that the swimmers have suitable nutrition (for athletes). They regularly perform a lot of diverse physical activities, predominantly aerobic activities (positive physical fitness effect). As for physical (mental too) fitness, the perspective to the future has the group good preconditions to live high-quality life. From the point of view of the primary prevention is the group evaluation very positive.

Key words: children, physical fitness, swimming