

Abstract

Title: Rating scale for backstroke technique for children in early school age

Objectives: Objective of the project is to create a rating scale for valuation of backstroke technique in early school age children. The thesis should specify a model technique for the corresponding development stage and formulate standards for backstroke technique valuation. Thereafter using the created rating scale with a group of children from a swimming school and swimming preliminary preparation (age 6-8). Utilize evaluated experience from practice to correct the rating scale.

Methods: Data will be obtained by direct and indirect observation. To verify the created rating scale a video with 25 m section of swimming will be taken. 25 children from the swimming club TJ Lokomotiva Nymburk o.s. and the swimming school Ponorka will be analysed.

Results: Outcome of the project is to specify the backstroke model technique for children in development stage 6-8 years and determine deviations from that model technique. For technique evaluation a record sheet and rating scale was created, which was used to diagnose 25 children. Experience from utilization of the rating scale led to a correction and improvement.

Keywords: swimming, backstroke, rating scale