Baby swimming and motor skills achievement

Marta Martins[1], Aldo M. Costa[2], Daniel A. Marinho[2], Tiago Barbosa[3]

[1]SportsScienceSchoolof Rio Maior, Rio Maior, Portugal Research Centre in Sports, Health and Human Development (CIDESD), Vila Real, Portugal
[2]Sports Science Department of University of Beira Interior, Covilhã, Portugal, Research Centre in Sports, Health and Human Development (CIDESD), Vila Real, Portugal
[3]PolytechnicInstituteof Bragança/CIDESD, Bragança, Portugal, Research Centre in Sports, Health and Human Development (CIDESD), Vila Real, Portugal
martamartins@esdrm.ipsantarem.pt, mario.costa@ipb.pt, marinho.d@gmail.com, barbosa@ipb.pt

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INTRODUCTION Motor skills can be defined as any task, simple or complex, that uses repetition in order to perform with greater independence and success. At 24 months old children are particularly characterized by the independence given to it by walking and running and the ability to transpose stairs.Positive effects of aquatic activity programs on infants motor development can be observed.In this context, this study aims to analyze the ability of the motor gesture of getting out of the swimming pier at different conditions: deep pool and shallow pool. This is a skill that must respond to the maturation of the central nervous system but once stimulated can be done earlier. We intend to ascertain their achievement, if through stimulation or when they reach the age to do it regardless of stimulation.

MATERIALS AND METHODS The sample included 88 babies aged between 24 and 36 months, with a median time of 13 months of previous experience in shallow and deep water swimming pools. Each subject made one attempt of getting out of the pool in shallow and in deep water, randomly. Their attempts were classified: i) nimbly ii) with difficulty and iii) with help of the teacher or parent. Direct observation was used, preceded by training of the observer in order to clarify and validate the terminology used for the study variables.

RESULTS Data were analyzed using descriptive statistics and Chi-square test. In shallow water, we found that 94.3% achieved this successfully and 5, 7% did not reach the goal. In deep water, we found that 89.8% performed the ability and 10.2% did not reach the goal. We observed that 30.4% of babies who nimbly got out of the shallow water, leaves the deep water with difficulty or with assistance. We found negative correlation between age and getting out shallow water (r=-0,264) and getting out deep water (r= -0,304). Although this result may show a tendency to increase the difficulty on this skill, the value of 65.8% obtained by the total number of babies who leave the water in both conditions, shows a profile maintenance of babies behavior through the exposed situations.

CONCUSSIONS We can conclude that the conditions set constraints cannot be considered sufficiently important to the success of this motor skill.