

Abstract

Title: The effect of selected somatic parameters of body and indicators of training on the performance of ten-year swimmers

Objectives: The aim of this thesis is to determine the influence of selected anthropometric body parameters and practice indicators on the performance of ten-year-old swimmers. Ten-year-old swimmers were examined. Those pupils got through at the Winter Cup of the Czech of ten-year-old pupils in Pilsen in 2011 thanks to their performance.

Methods: In our work, we used quantitative research. Anthropometric data were obtained by structured measurement and training indicators were obtained by personal inquiries. 123 probands were included into the research of which 60 were girls (48.78%) and 63 boys (51.22%). All data were processed by regression analysis based on Fischer and Student statistical test. Basic statistics were expressed using Box Plot, chart and graphic display.

Results: The research showed that height, month of birth, number of years of swimming training and number of hours in the water for a week represent the greatest influence on the performance of ten-year-old girl swimmers. In boys swimming performance is affected primarily by two factors. Their height and month of birth. Older and higher swimmers reach a better position in the race.

Keywords: sports swimming, sports training of children, school age, swimming performance