

Physical Fitness of Swimmers in Physical Education

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Abstract

Swimming is a part of the group of cyclic sports. Swimmers compete in the swimming pool in five different technical disciplines; freestyle, backstroke, breaststroke, butterfly and medley, where they swim the same length in the following order: butterfly – backstroke – breaststroke – freestyle. Each technique has its own characteristics, therefore training in and outside the swimming pool is often adjusted to each of them. Physical fitness of each athlete is a continuous, complex and programmed process of developing basic and specific motoric and functional capabilities. This is a process which requires forward planning, purpose, means and methods for transformation of the anthropological status of the athlete. Swimming is one of the most widespread sports in the world. Result development each year is influenced by group work of experts from different fields. Thus, also fitness training found its place in the swimming world. The purpose and goal of expert contribution is offering possibilities and support to swimmers who do 10 swimming trainings as well as 3 – 4 condition trainings per week. Also presented is the planning and conducting condition training for swimmers in the last year of primary school with some nutrition guidelines which were carried out in physical education, and before and after school with the consent of parents and school. The findings showed a positive influence of exercise on net time spent at practice, since afternoon swimming practice was proportionally shorter, and the swimmers were more rested than if they were to go to the pool immediately after gym; compared to their peers who did not have such conditions at school these swimmers progressed faster.

Keywords: Condition training, swimming, methods of training, school