

ABSTRACT

The aim of this bachelor's thesis is to evaluate the technical execution of the backstroke swimming technique in younger school-aged children before and after the second phase of mandatory swimming training, based on observation and testing using an evaluation scale. The goal is to identify deviations from the model technique based on the collected data and to contribute to the improvement of swimming instruction through these findings. The research conducted for this thesis was carried out under expert supervision, and the results were determined using a verified evaluation scale for the children's model backstroke technique.

KEYWORDS

swimming, model backstroke technique, evaluation scale, swimming training, swimming error

