

Univerza v Ljubljani



SLOVENIAN SWIMMING ASSOCIATION

Methods used for swimming skills achievements

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Slovenian swimming federation

Didactic model of swimming learning

AIM
Level of swimming knowledge and skills



LEARNING PROGRAM
AIMS
CONTENTS
LEARNING METHODS
WORKING FORMS
APPROACH
QUANTITY OF LEARNING



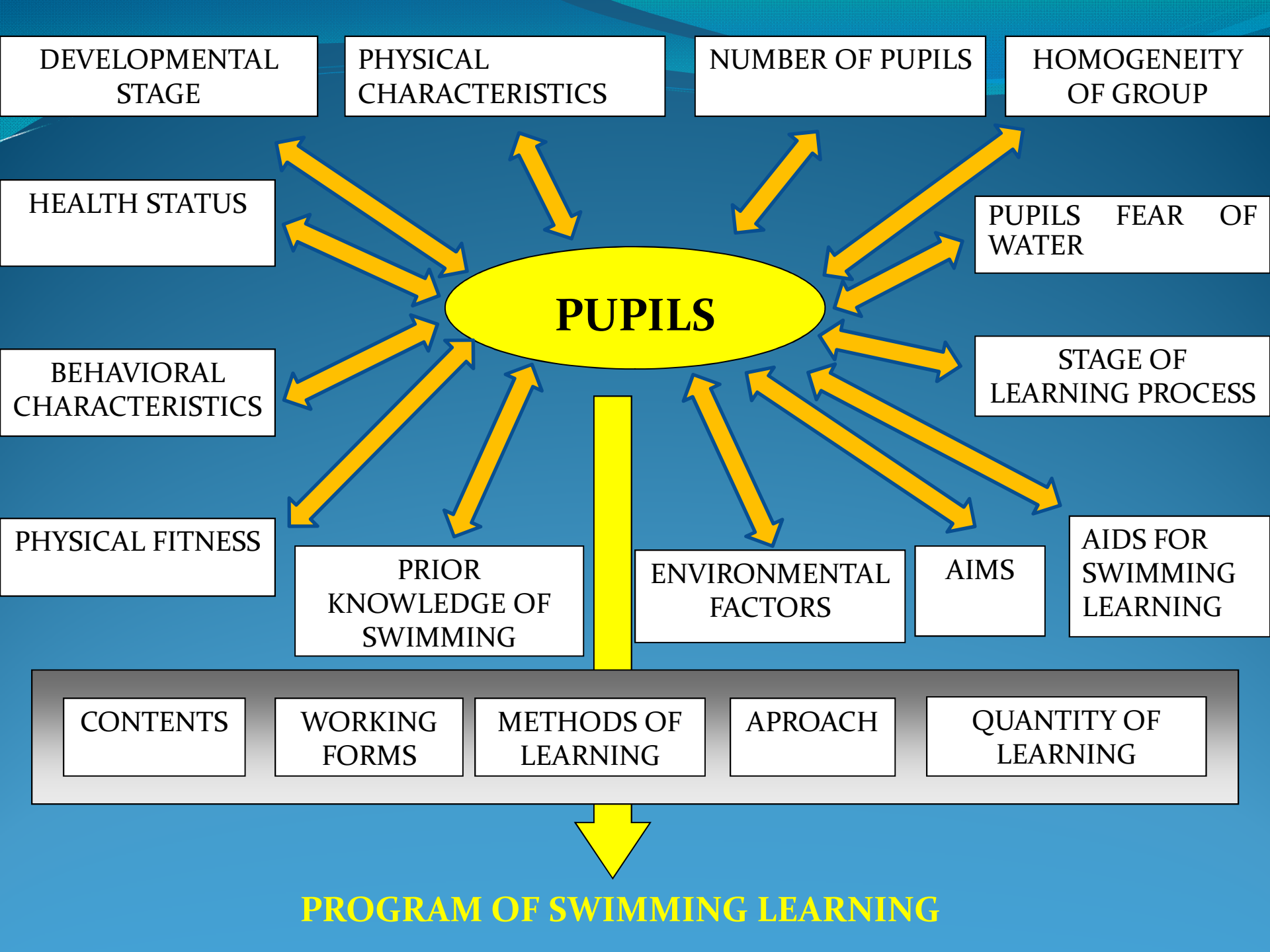
PUPILS



SWIMMING INSTRUCTOR



LEARNING CONDITIONS



HOW DO WE TEACH ACCORDING TO SWIMMING TECHNIQUE ?

BASIC TECHNIQUE
(crawl, breaststroke, backstroke)



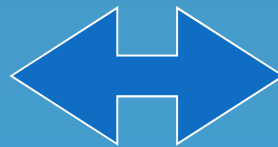
ADVANCED TECHNIQUE
(crawl, breaststroke, backstroke, butterfly)

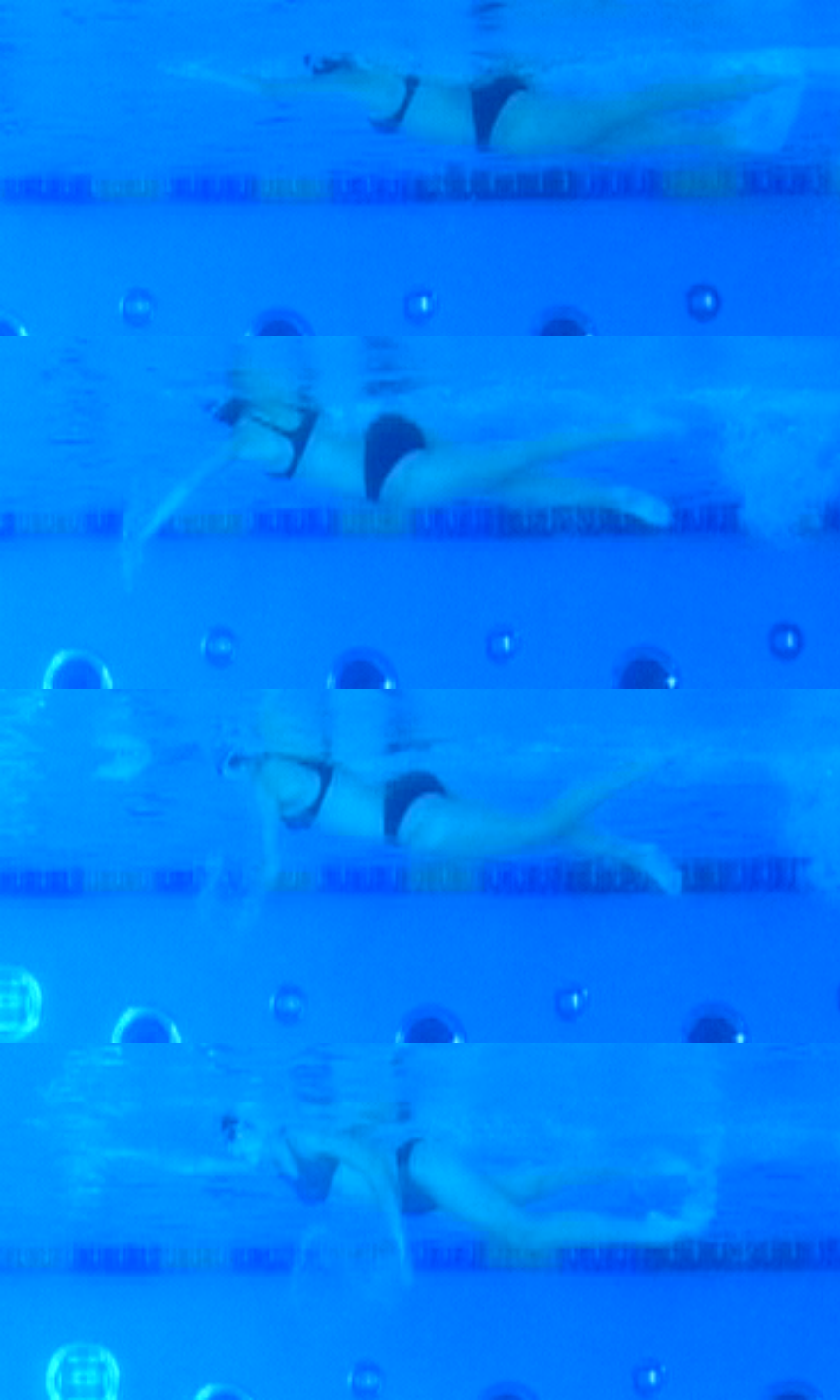


COMPETITION
TECHNIQUE
(crawl, breaststroke,
backstroke, butterfly)



LIFESAVING
TECHNIQUE
(rescue dive, rescue crawl,
underwater swimming,
rescue approaches,...)





ADVANCED TECHNIQUE

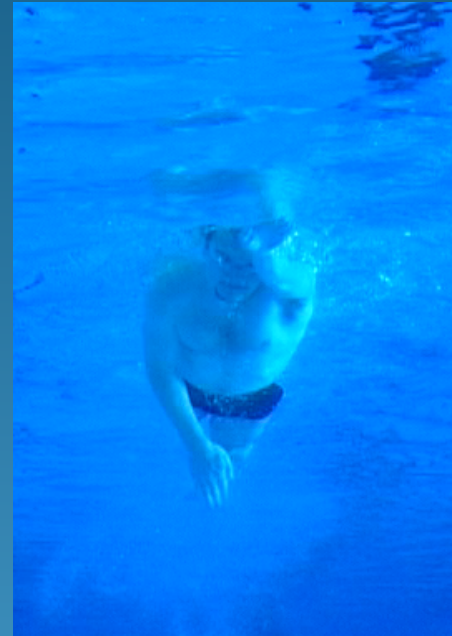
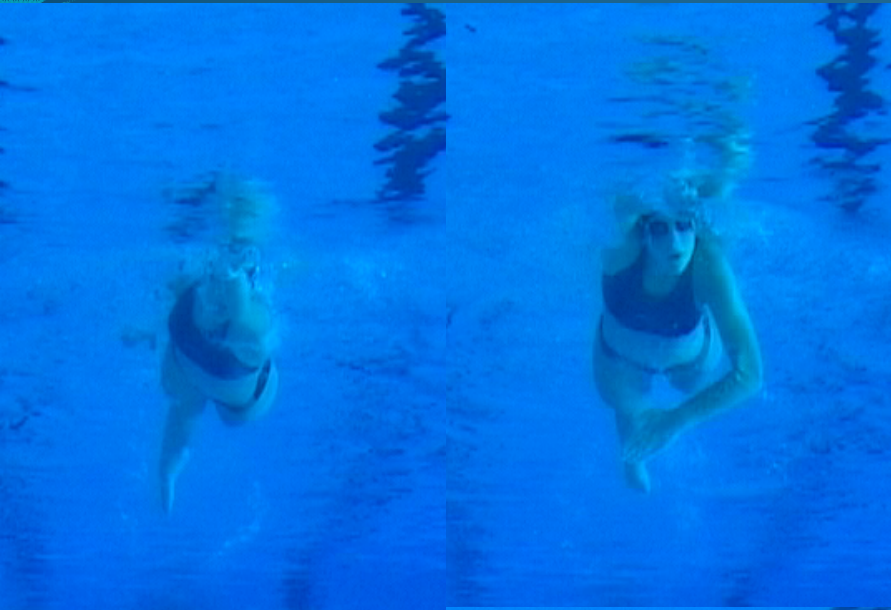


BASIC TECHNIQUE



ADVANCED TECHNIQUE

BASIC TECHNIQUE



EXAMPLE OF PREFERRED METHOD OF LEARNING SINGLE SWIMMING TECHNIQUE

1. step: INITIAL TESTING OF SWIMMING SKILLS AND FUNCTIONAL CAPABILITIES

- At the beginning the aim is to establish homogeneous learning groups;
- At the end the aim is to evaluate the progress of single pupil in swimming knowledge

2. step: ADAPTATION TO THE WATER

- Water entry;
- Submerging head;
- Open eyes underwater;
- Exhalation into the water;
- Buoyancy and balance;
- Gliding.



DEPENDING ON PREVIOUS ADAPTATION TO THE WATER OF THE GROUP 2 TO 8 HOURS ARE PLANNED

2. step: KICKING

- On land,
- in water in standing position,
- on the edge of swimming pool,
- without head movement and breathing,
- with head movement and breathing.

3. step: ARMSTROKING

- On land,
- in water in standing position,
- on the edge of swimming pool,
- walking in water without head movement and breathing,
- afterwards with head movement and breathing,
- during gliding without head movement and breathing, afterwards with head movement and breathing

4. step: COORDINATION

- WITHOUT head movement and breathing,
- WITH head movement and breathing.

5. step: DIVING INTO WATER

- Learning to dive into the water:
 - legs first,
 - head first.

WHICH TECHNIQUE FIRST?

When learning swimming instructor can start with first technique:

- breaststroke
- front crawl
- backstroke

Positive transfer of swimming knowledge

Negative transfer of swimming knowledge

MAIN TOOLS OF THE SWIMMING INSTRUCTOR:

- SPECIFIC games in the water (adaptation to the water!)
- DIFFERENT swimming drills and exercises for single technique
- USE of different swimming aids equipment: belts, boards, pull buoy,

RESEARCH WORK REGARDING LEARNING TO SWIM

A comparison study of three programs of learning to swim 8 - to 9-year-olds in terms of knowledge of breaststroke swimming technique

From: JURAK, G. (1999). *Primerjava treh programov učenja plavanja 8- do 9-letnih otrok z vidika znanja plavanja tehnike prsno. Master thesis.* Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

Aim of the research

To identify differences in knowledge of swimming:

- with use of two substantially different learning programs,
- with two different time-organizational forms of learning,
- between the sexes.

From: JURAK, G. (1999). *Primerjava treh programov učenja plavanja 8- do 9-letnih otrok z vidika znanja plavanja tehnike prsno. Master thesis. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.*

CONCLUSIONS

Contents of the program is the main factor of effectiveness of swimming skills achievement!



Various forms of methods, contents and aids enable more effective learning

Change of the duration of learning lessons from 10 × 60 min to 10 × 90 min does not affect the final swimming skills

Girls aged eight and nine years learn to swim faster than the same old boys

The efficiency of two initial swimming courses based on learning two different swimming techniques - breaststroke and crawl

From: MARAČIČ B. (2010) *Učinek dveh programov učenja plavanja za začetnike, ki temeljita na prsnem oziroma kravlu. Bachelor thesis.* Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

Aim of the research

To find the most suitable swimming technique between front crawl and breaststroke to teach according to gender differences and whether any swimming technique gives better results in 10 hours course or has an advantage given the gender of the pupils.

From: MARAČIČ B. (2010) *Učinek dveh programov učenja plavanja za začetnike, ki temeljita na prsnem oziroma kravlu. Bachelor thesis. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.*

Results

- most of the male and female pupils learned better the breast stroke technique over the front crawl technique;
- there are no statistically relevant differences in the thought technique according to swimming technique evaluation;
- although the teachers spent more time in detailed front crawl technique teaching to both genders, this means a potentially better technique but not more swimmers of that technique.

From: MARAČIČ B. (2010) *Učinek dveh programov učenja plavanja za začetnike, ki temeljita na prsnem oziroma kravlu. Bachelor thesis. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.*

Conclusion

Breast stroke is the most suitable technique to teach as the first swimming technique to male as well as female pupils in elementary schools.

From: MARAČIČ B. (2010) *Učinek dveh programov učenja plavanja za začetnike, ki temeljita na prsnem oziroma kravlu. Bachelor thesis.* Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

COMPARISON OF THE EFFICIENCY OF SWIMMING LEARNING BETWEEN 6-7 AND 8-9 YEAR OLD PUPILS

From: ŠKAFAR U. (2007) *Primerjava učinkovitosti učenja plavanja med 6-7- in 8-9 letniki. Bachelor thesis.* Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

Aim of the research

To establish the difference between the learning rate of pupils aged 6-7 and those aged 8-9 years, as well as establishing differences in learning rate with regard to gender.

From: ŠKAFAR U. (2007) *Primerjava učinkovitosti učenja plavanja med 6-7- in 8-9 letniki. Bachelor thesis.* Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

Conclusions

- swimming lessons aimed to teach swimming skills would not be more efficient if provided to first graders pupils (6-7 years old);
- the courses should therefore concentrate on third grade pupils (8-9 years old), among whom the efficiency of swimming instructions is significantly higher.
- it is recommended that both levels of swimming instructions - first grade water adaptation and third grade teaching of swimming skills - remain part of the curriculum.

From: ŠKAFAR U. (2007) *Primerjava učinkovitosti učenja plavanja med 6-7- in 8-9 letniki*. Bachelor thesis. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

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**THANK YOU FOR YOUR
ATTENTION**