

THE LEVEL OF SWIMMING ABILITIES OF STUDENTS AT FCHPT STU AND FMFI UK IN BRATISLAVA

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Slovakia**ABSTRACT**

Swimming, with its impact on human body is one of the most effective ways for developing of physical and functional capabilities with immediate and long-term effects. Testing the level of the swimming capabilities reveals non-swimmer or swimmers beginners. Swimming and swimming sports at the universities are included in the curriculum in physical education syllabus. Swimming at these faculties is based on a voluntary choice. This option also has the students of FMPI CU Bratislava. First-year students can choose according to their content of hours of self-interest (sports games, hiking, aerobics, swimming, etc.). Department of Physical Education at FCHFT includes swimming as a compulsory subject in the context of physical education in the curriculum. The aim of our research is to monitor the level of the swimming abilities of FCHFT STU and FMPI CU students by the test 100 m free style swimming. Tracking research was conducted in the school year 2012/2013. The group consisted of randomly selected students FCHFT STU and FMPI CU Bratislava. Along with testing involving about 600 students from which we randomly selected 60 students from each faculty (28 men a 32 women from FCHFT STU and 38 men and 22 women from FMPI CU). Swimming standard time for men is 136.73 sec and women 172.4 sec (Macejková, Benčuriková, 2003). The best FMPI men time was 79 sec and women 97 sec. The best FCHFT men and women time was 60 sec. Average FMPI CU men time was 114.53 sec., women 131.68 and FCHFT STU men time was 123.43 sec and women 118.81. In all our groups students achieve better time than the swimming standard is.

Keywords: swimming, swimming ability, standards

INTRODUCTION

Swimming is the healthiest among all physical activities and it several times surpasses options of physical education at school. Importance of swimming has a very wide range. When do you swim, your body is in horizontal position, which has positive impact on the cardiovascular system. In water, organism cannot be overheated, water lightens your body therefore it does not burden your joints. All of the muscle parties are involved, with hardening you provide your immunity stronger and it has positive influence on people who suffer from asthma.

Swimming illiteracy directly threatens safety of youth, and also adults. To know how to swim means to create permanent conditions which later can play an important role of effective source of active moving development. Testing the level of swimming ability discovers non-swimmers or swimmers-beginners. Swimming and swimming sports at universities are included in the program of physical education and they are based on free choice. This opportunity has also students at FMFI UK. Students of the first year can choose the content of lesson in accordance with their own interests (sport games, tourism, aerobic, swimming,...). Department of Physical Education of FCHTP has included swimming as an obligatory subject within physical education into curriculum. By accepting this, they are trying to eliminate swimming illiteracy and improve swimming styles, which students already know. It leads to immediate, spontaneous and safety movement in water environment and they acquire abilities such as jumping into the water, basics of water polo and exercises in water.

Purpose of swimming lessons is to teach how to swim non-swimmers and remove the fear from water, with swimmers we are improving individual swimming styles. Most popular among all of the swimming styles is breaststroke, then crawl and then backstroke. The major difference between optional and obligatory is the interest in exact physical activity. In case of FMFI UK, we can assume that this subject will be chosen by students, who have a positive relationship with water and they already know how to swim. Students at FCHTP STU mostly consider this subject as a duty and large part of them do not have a real interest to learn or improve their swimming skills.

The aim of work is to follow up the level of swimming ability at FCHTP STU and FMFI CU in Bratislava.

METHODS

Sample consisted of randomly picked students at FCHTP STU and FMFI CU in Bratislava. Testing was provided on 600 of students in the first year of their studies and we picked randomly 60 students from each faculty. Research was carried out in school year 2012/2013. The sample from FCHTP STU consisted of 28 men and 32 women and from FMFI CU 38 men and 22 women. The result we got from the test on 100 meters free style. Measurement was implemented in the 25 meter pool in the building of FEI STU in Bratislava.

RESULTS

We have tested the swimming ability by 100 meters free style. This kind of test is normally used in educational practice. The choice of swimming style is not critical in terms of the achieved time as in competitive swimming, because many times students have achieved better times when they were swimming breaststroke than crawl with many technical mistakes. The best achieved time for men was 60 seconds and for women 97 seconds (Table 1).

Table 1 Basic statistic characteristics of swimming ability (100 m freestyle)

	men FMFI	women FMFI	men FCHPT	women FCHPT
x	114.5	131.7	123.4	160.2
min	79	97	60	112
max	163	160	173	239
med	114.5	132.5	126	152
stand. dev.	21.3	20.4	25.57	32.3

From all of the students of FMFI UK 23 were swimming crawl and 17 breaststroke or backstroke, while students of FCHTP STU have prioritized breaststroke, 31 students and only 9 students have chosen crawl.

Results of samples we compare with standard of swimming ability according to Macejková, Benčuriková (2003). We have found out relatively better level of swimming at both observed faculties compared to standards, both men and women. (Fig. 1 and Fig. 2).

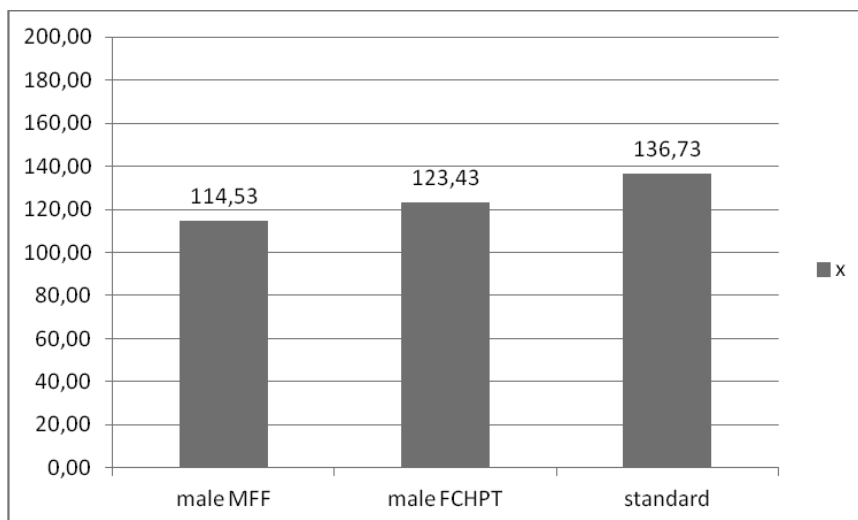


Figure 1

Level of swimming among male university students at FMFI UK and FCHTP STU on 100 m freestyle

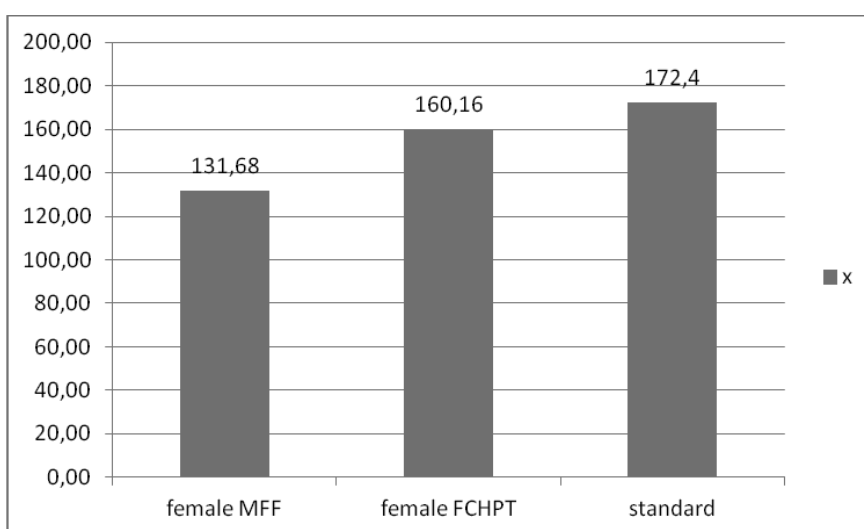


Figure 2

Level of swimming among female university students at FMFI UK and FCHTP STU on 100 m freestyle

The best achieved time was 60 seconds by student of FCHTP STU and among women 97 seconds, from FMFI UK. We suppose that both students were swimming competitively or they participated at swimming courses when they were younger. The worst time measured - 173 seconds by man and 239 seconds by woman. These times respond to swimmers who are technically and physically weaker. Comparing students of FCHTP STU and FMFI UK with standards, we measured better time than standard. The biggest difference we can see between standards and female students of FCHTP STU and FMFI UK. Female students of FMFI swim 30 seconds faster than female students of FCHTP and 40 seconds faster than standards according to Macejková, Benčúriková (2003). In this part of research we have confirmed that interest in swimming was shown by technically good female students, who have interest in swimming as physical activity.

CONCLUSION

Contribution presents actual level of swimming ability of students of Faculty of Chemical and Food Technology of Slovak Technical University and Faculty of Mathematics, Physics and Informatics of Comenius University in Bratislava. Testing the level of swimming ability has a practical meaning from the point of overall fitness. These results allow us to compare and follow physical level and swimming ability of university students. Firstly it may look like the swimming literacy is on good level and it is not decreasing. Standard includes just population, who can swim, it does not include students - non-swimmers, who can create a large part of university population and based on this we suppose that results of swimming ability can be distorted. Part of the sample does not include students, who do not have to attend classes of physical education and swimming because they have the medical certificate. Couple years ago we have been working with the same issue also in the work Koláriková, Ondrušová (2011). We found out that from the 763 students in the first year of study (school year 2010/2011) without the physical education classes were 155 students and in the year 2011/2012 from the 721 students it was 181 students without the physical education. In the year 2012/2013 we suppose the same level as in the years before. We suppose that testing also this group of students would help us to improve and refine our results.

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