

## **General Sport Activities (14)**

Abstract: The program of General Sports Activities - swimming assist in specific swimming exercises and gives theoretical knowledge to strengthen health and increasing knowledge and skills for proper swimming. Particular attention is paid to the main trends in the swimming technique at different swimming styles. Perfect start and finish in different styles. Learning and improving skills for swimming in style „backstroke“. The semester system provides a theoretical test.

Main sections of content:

- Theoretical and methodological knowledge.
- General physical preparation.
- Special physical training.
- Technical and tactical training.
- Volitional and psychological preparation.