

Core Stability Training and the Young Para-Swimmers' Results on 50 Meters and 100 Meters Freestyle

Authors : Ninomyslaw Jakubczyk, Anna Zwierzchowska, Adam Maszczyk

Abstract : Background: Central stabilisation training aims to improve neuromuscular coordination. It is used in the form of injury prevention and completing the swimmers' process. The aim of the study was to access the impact of this training on the results by disabled swimmers at 50 and 100 meters' freestyle. Material/Method: 20 competitors with similar dysfunctions of the musculoskeletal system, randomly assigned to the experimental and control group, participated in the study. Each group consisted of 7 swimmers started in competitions from the standing starting position, and 3 started from the water. The study included a 4-week set of stabilization exercises, 4 times a week instead of pulling by legs. Exercises were held under specialist swimming conditions and involved controlled circuit muscle movements while maintaining a floating stable position in the water. Results: All groups improved their 'best times' besides swimmers started from standing position in the control group. There were no significant differences between intergroup and intra-group results, both at distance 50 and 100 meters' freestyle. Conclusions: Better improvements in the experimental group were noted, but this effect cannot be attributed to 4-week stabilisation training. However, this investigation might suggest that this type of training could be beneficial for junior disabled swimmers.

Keywords : athletes, swimming, trunk exercises, youth

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