

# English Tutorial Classes Week 13

## Water Sports (Swimming; Water polo)

Junior Researcher: Anja Petrović

Faculty of Sport and Physical Education, University  
of Niš, Serbia

# Swimming

Swimming is the **self-propulsion** (samopokretanje) of a person through water, or other liquid, usually for recreation, sport, exercise, or survival.



# Swimming

**Locomotion** (kretanje/lokomocija) is achieved through coordinated movement of the **limbs** and the body to achieve **hydrodynamic thrust** that results in directional motion.

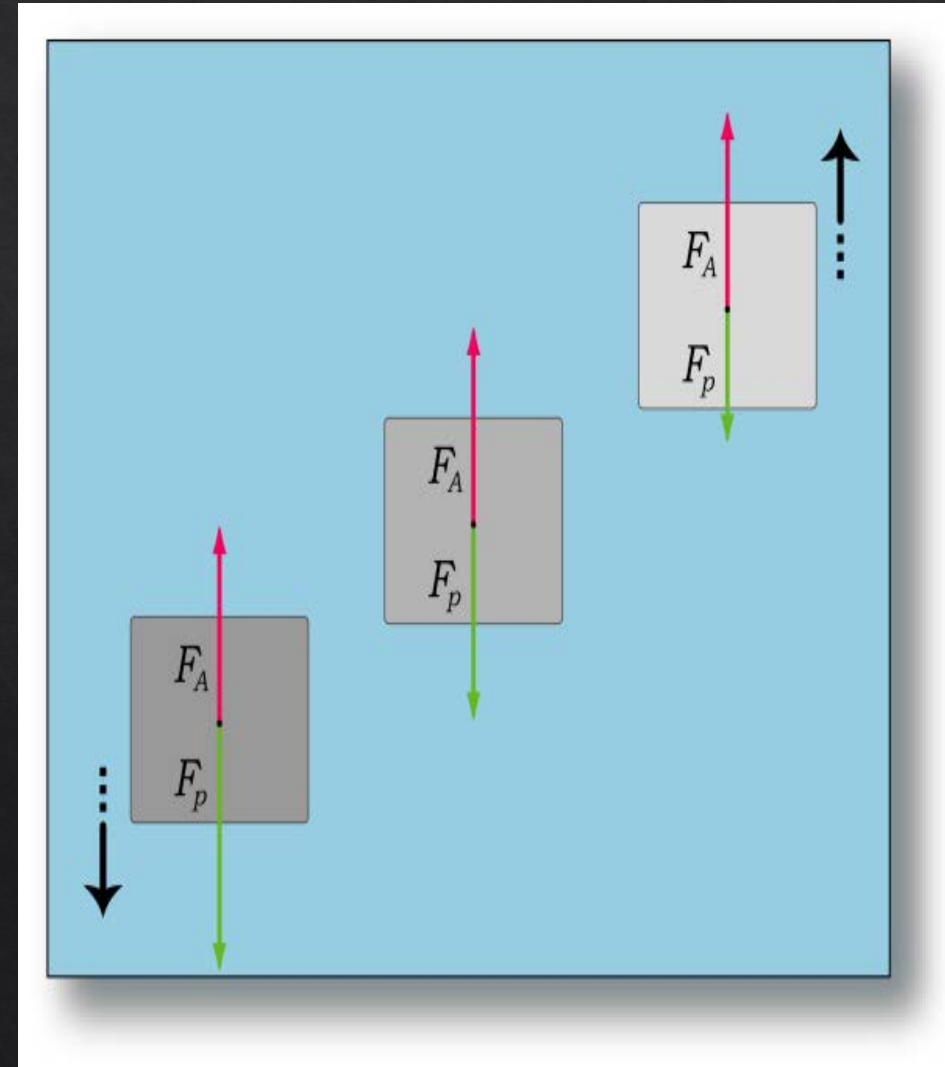


# The Science Behind It

Swimming relies on the nearly neutral **buoyancy** of the human body. On average, the body has a relative density of 0.98 compared to water, which causes the body to **float**.

However, buoyancy varies based on body composition, lung inflation, muscle and fat content.

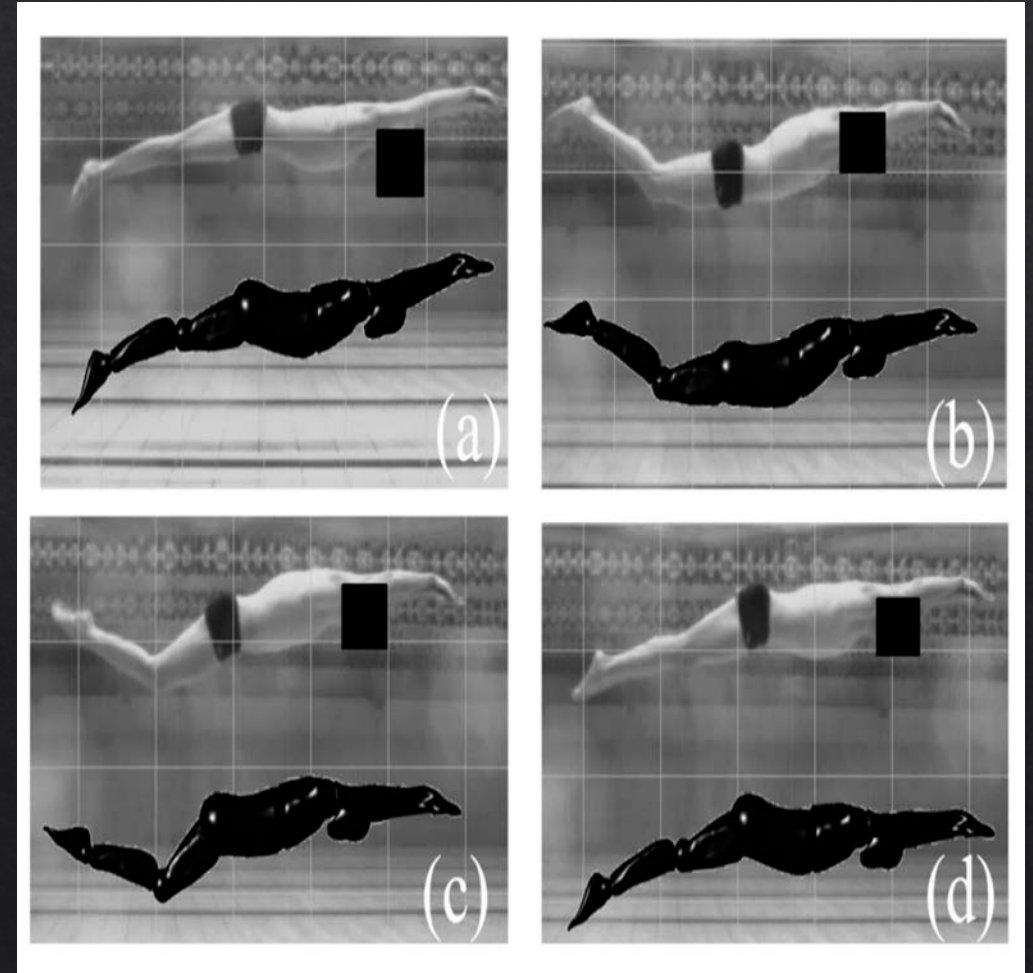
Human males find it more difficult to float or be buoyant.



# The Science Behind It

To be more hydrodynamically effective, swimmers can either increase the power of their strokes or reduce water resistance.

\*A horizontal water position, rolling the body to reduce the breadth of the body in the water, and extending the arms as far as possible to reduce wave resistance.



# Technique – Front crawl

Front crawl or **forward crawl**, also known as the **Australian crawl** or **American crawl**, is a swimming stroke usually regarded as **the fastest** of the four front primary strokes.

As such, the front crawl stroke is almost universally used during a freestyle swimming competition.



# Breaststroke

Breaststroke is a swimming style in which the swimmer is on their **chest and the torso does not rotate**.

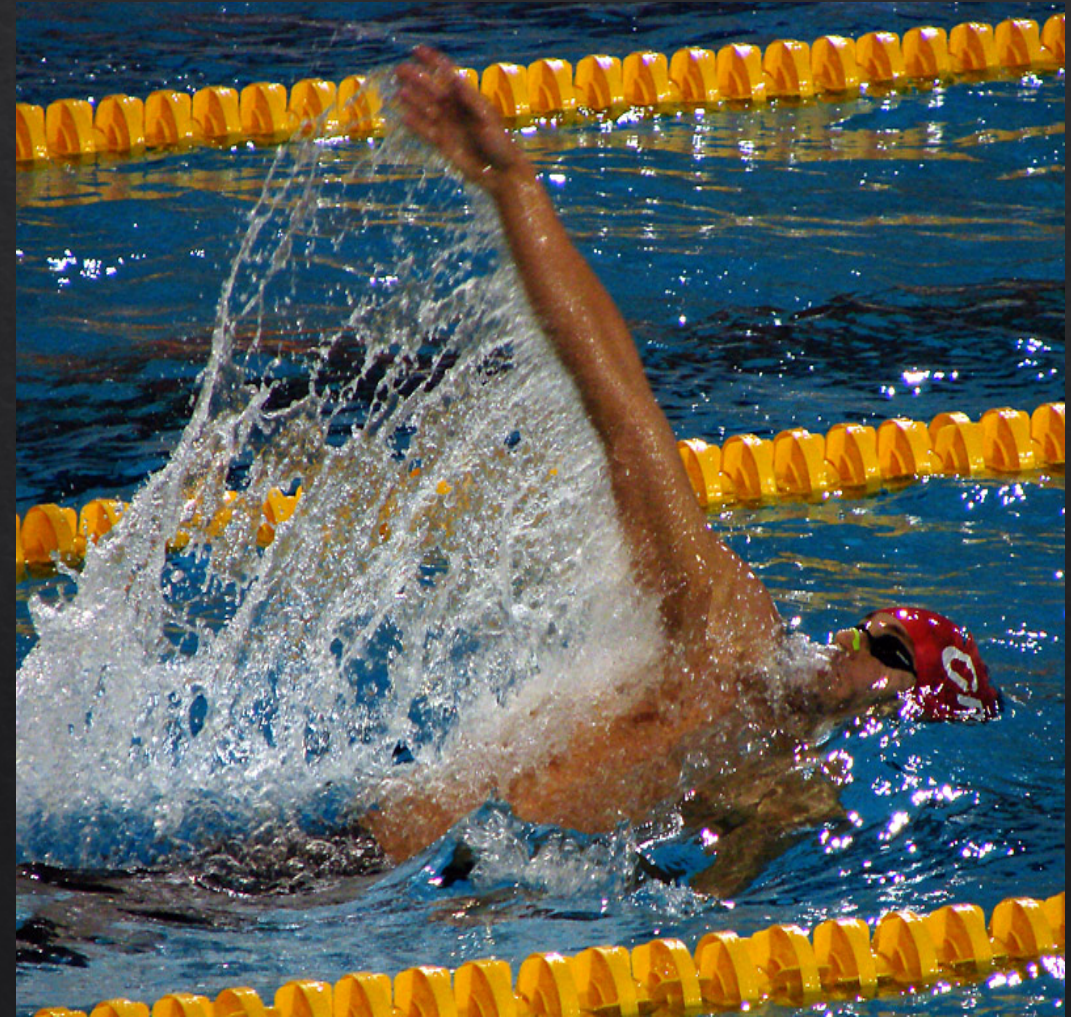
It is the most popular recreational style due to the swimmer's head being out of the water a large portion of the time, and that it can be swum comfortably at slow speeds.



# Backstroke

Backstroke or back crawl is one of the four swimming styles used in competitive events, and the only one of these styles swum on the **back**.

This swimming style has the advantage of easy breathing, but the disadvantage of swimmers not being able to see where they are going.





# Butterfly stroke

The butterfly is a swimming stroke swum on the chest, with both arms moving symmetrically, accompanied by the butterfly kick (also known as the "dolphin kick") along with the movement of the hips and chest.



# Swimming Vocabulary

**Deck:** The area surrounding the pool.

**Lane Lines:** Stretch of rope or wire, usually filled with round, plastic absorbers to minimize waves.

**Lap:** Swimming down and back the length of the pool.

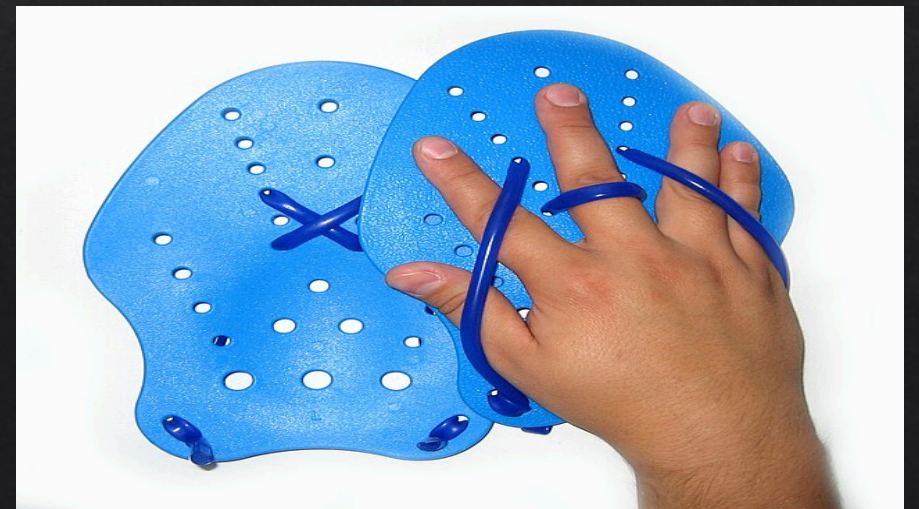


# Swimming Vocabulary

**Wall:** Place in the pool where a swimmer will start, finish, and turn during a practice or a meet.



**Paddle:** a plastic hand device that may cover a swimmer's palm and fingers to add resistance and improve stroke technique.



# Swimming Vocabulary

**Fins or flippers:** rubber-like devices that go on each foot to help improve kick power and in some cases ankle flexibility.



**Snorkel:** a device that helps swimmers breathe while keeping their head in the water, typically used to help improve head position.



# Water polo

Water polo is a competitive team sport played in water between two teams of **seven players** each.

The game consists of **four quarters** in which the teams attempt to score goals by throwing the ball into the opposing team's goal.



# Water polo

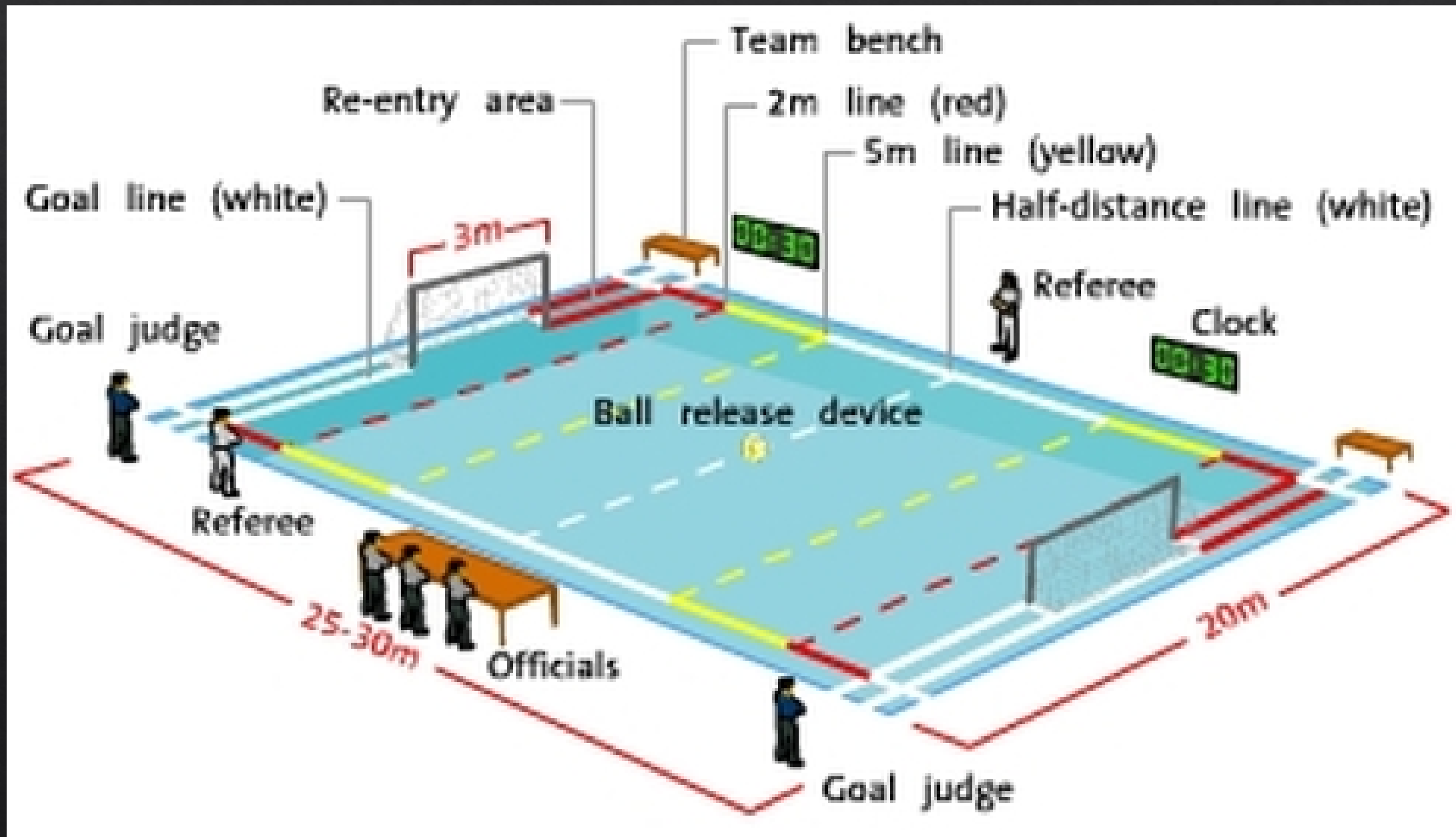
A game consists mainly of the players swimming to move about the pool, **treading water** (mainly using the **eggbeater kick**), passing the ball, and shooting at the goal.



# Water polo

The **eggbeater kick** – The swimmer's back must be straight, knees bent so that the thighs are parallel to the surface of the water, and lower legs perpendicular to the surface.

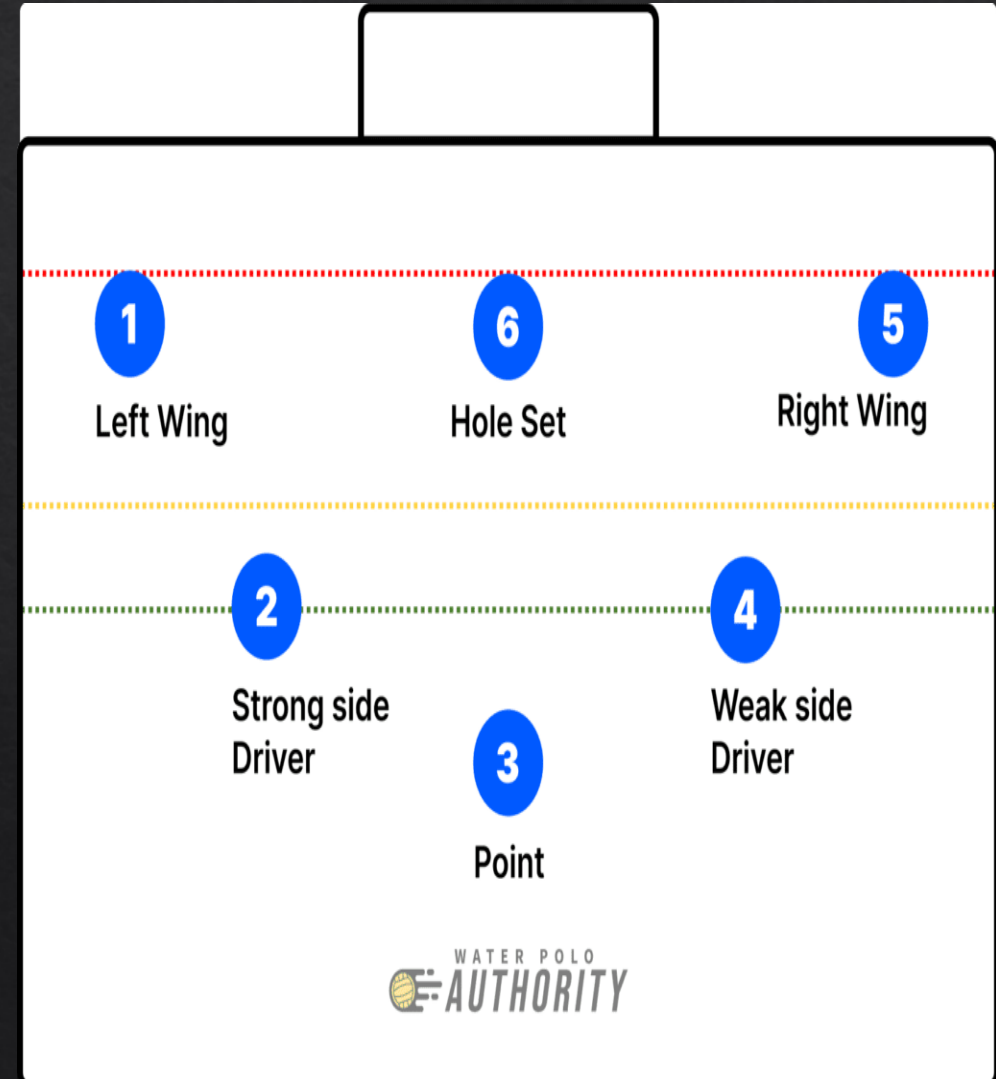






# Positions

The offensive positions include: **one center forward** (also called a "set", "**hole-set**", "center"), **two wings** (located on or near the 2-meter, just outside of the goal posts, respectively), **two drivers** (also called "**flats**", located on or near the 5-meter, roughly at the goal posts, respectively), and one "**point**" (usually just behind the 5 meter, roughly in the center of the goal, respectively), positioned farthest from the goal.



# Water polo equipment

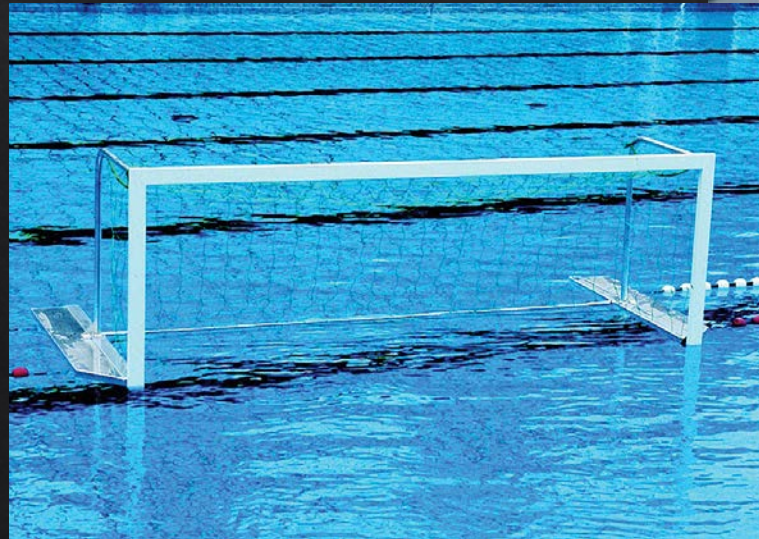
Ball



Caps



Goals



Mouthguard

Swimwear

