

## THE INFLUENCE OF FLEXIBILITY ONTO THE SWIMMING RESULTS IN STUDENTS OF SPORT AND PHYSICAL EDUCATION

### **Abstract**

*In this research we used the sample of 70 students of the third year at the Faculty of Sport and Physical Education in Niš applying 6 variables for evaluation of flexibility (predicative system) and 3 variables for evaluation of swimming results (criteria variables). The purpose of it is to define the influence of flexibility onto students' swimming results in 50 m swimming crawl, back and breast. The regression analysis was used to determine the influence of flexibility onto the swimming results. Based on the results obtained it can be concluded that there was no confirmed relevant influence onto the swimming results in the group of students in question. On the other hand, in competition swimmers there is a positive connection between the achieved results and flexibility. It is considered that the main cause of these results is students' poor knowledge of swimming techniques. It is recommendable to increase the number of practical swimming lessons in students of Faculty of Sport and Physical education, and to homogenize the groups according to the degree of implementation of the swimming techniques.*

**Key words:** *students, flexibility, results, swimming, influence*

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