

Swimming Medical Assignment(s)

This assignment should be typed on a computer.

1. Go to the website www.isport.com.
2. Go to the swimming link at the top of the page.
3. Go to swimming videos. A variety of swimming videos will come up and be displayed. You must select a video on a certain type of swimming stroke. Free style, back stroke, side stroke, treading water, butterfly, or breast-stroke.
4. Watch the video you selected. Watch carefully.
5. Please answer the following questions in complete sentences.
 - A. What did you learn from watching the video?
 - B. Please describe what the lower half of the body does during the stroke. What are the correct technical components that go into it?
 - C. What does the upper body do during the stroke? Please describe in great detail what technical components go into the stroke.
 - D. What types of training go into swimming? Do you think swimming is easy or difficult to master? Please Explain.
 - E. Is this a competitive stroke? Please explain? What events are offered in the Olympics with this stroke? I.E. 50 meter, 200, etc. Who has won the most gold medals in this stroke in Olympic history?
 - F. Please name 3 USA Olympic female swimmers. What medals and how many have each of them won?
 - G. Please name 3 USA Olympic male swimmers. What medals and how many have each of them won? Please explain.