SWIMMING SIMILARITIES AND DIFFERENCES FROM MILITARY ACADEMY CADETS

Abstract
The swimming speed is characterized by short sections of the explosive and endurance swimming. It is a feature of compliance of the cardiovascular and muscular systems. Diving is a separate discipline that depends on both the cardiovascular and functional abilities. The case studies were functional ability in swimming of Military Academy cadets. The problem of the study was swimming correlations and differences of the functional abilities. The goal is to establish correlations and differences in functional capabilities of the Military Academy cadets in swimming. A sample (Table 1) was 526 cadets of the Military Academy, aged 20 (± 1 year), 430 men and 96 women, divided into first, second and third year of study. Variables are divided on the dependent variable summary: swimming 50 meters (S50m), swimming at 10 minutes (S10min), and diving (DIVE) and the individual classes, e.g. S50m1 swim 50 meters. The significance of the research is to improve the process of evaluation and improvement of functional ability. It is interesting to note that diving is closer to the results of swimming for 10 minutes, which can only be explained by the vital lung capacity and moderate cost-effective strokes, not speed or uncontrolled moving under water. The obtained result of the survey measured the statistical significance p > 0.05.

Key words: swim, ability, military, academy, cadet