

Piyapatip Seangurai 2006: Problems and Solutions in Teaching Back Stroke of Swimming Teachers in Krung Thep Maha Nakhon. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Associate Professor Boonsong Kosa, Ph.D.148 pages.
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The research aimed to investigate the problems and solutions in teaching Back Stroke of swimming teachers in Bangkok Metropolis. The statistical analysis comprised of frequency, arithmetic mean and standard deviation. The survey used a questionnaire distributed to swimming teachers where 354 data sets of 550 or 64.36% was retrieved.

The results revealed five main problems and their respective solutions in Back Stroke teaching based on the ranking made by the respondents.

The balance of the body in supine position was the first problem: learners' hips were sinking and contracted when moving along the water. To solve this problem, they needed to extend the body while moving. The teacher helped the learners support the stomach area and guided them on how to balance hips. Learners practiced leaping by stretching their bodies. The excessive knee bending while kicking was the second problem. The solution was to let them sit at the pool edge and practice continuous kicking while the teacher held their ankles to control the knees. The third problem was the movement of arms above the water as they pulled arms back too wide. The solution was to let them practice off water while the teacher demonstrated the right position. The fourth problem was that of the arms pulling movement as they pulled hands before pushing the water. The solution was to let the learners contract their wrists to feel the water while the teacher held them, both on and off the water. Then the teacher pushed the learners' hands to their thighs. The fifth was the problem of the swimming coordination. As a solution, The teacher helped them by holding the learners' hands and let them practice frequently.

Piyapatip Seangurai.

Student's signature

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Thesis Advisor's signature

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