

Master swimming: elite sports or leisure sports?

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Abstract

Background. This study analyzes swimming as a master sport practiced by former swimmers as a continuity of their competition activity but also by new swimmers who discovered this sport as a leisure practice.

Aims. To find the main reasons for the practice of master swimming and to find the place of masters swimming as a competition sport or as a leisure sport.

Methods. A questionnaire was used applied to the active swimmers from the Master Swimming Club Timișoara.

Results. Master swimming is a leisure sport for the members of the local club considering it benefits their health. From 35 persons questioned, 15 were former swimmers and 60% of them continue to compete occasionally in master sports.

Conclusions. Even if the competition is the most important characteristic of master sports, it seems it is less important than the fact it improves health for the master swimmers in Timișoara. Their motto is: "Swimming for adults- sport and health".

Keywords: master swimming, performance, competition, leisure, health.