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Abstract. Scientific
research in
swimming over the
past 10 to 15 years
has been oriented
toward multiple

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Anatomy aspects that relate to applied and basic physiology, metabolism, biochemistry, and endocrinology. This review considers recent findings on: 1) specific physical characteristics of swimmers; 2) the energetics of swimming; 3) the evaluation of

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aerobic fitness in swimming; and 4) some metabolic and hormonal aspects related to swimmers.

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According to
"Swimming
Anatomy," the arm
movement in each
of the swimming
strokes relies on
the shoulder and
chest muscles.
These muscles
permit the arm to
propel the body
forward.

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