

SWIMMING LESSONS IN IMPROVING THE HEALTH OF STUDENTS

Cieślicka Mirosława

Kazimierz Wielki University in Bydgoszcz

Annotation. *Purpose.* Analysis of studies in recent years on the problems of swimming among the students in the context of improving their level of health. *Material and methods.* Sources of information were scientific journals, which are research problems of physical education students. *Results.* When developing the skill of breathing in an unfamiliar environment for initial training is recommended to swim up to 40 % of the time take classes breathing exercises. Recommended early tiered swimming program for all children to help them overcome their fear of water, improve the efficiency of training in the pool and swimming performance. This will increase the percentage of adults who can swim. The need to create an enabling environment for the employment of students with mild to severe disabilities. For this program are encouraged to adapt swimming. *Conclusions.* Comprehensive solution to the problems of organizing and conducting classes in swimming with students will improve the quality of life and basic indicators of health. Swimming lessons are shown at different deviations in health for students of special medical groups.

Keywords: swimming, health, student, rehabilitation, recreation.

Introduction

Among different directions of improvement of youth's health and life quality, especially of students, swimming is expressively noticeable. Variety of opportunities to practice swimming, its recreational and health related significance make this kind of sports most popular among students. International health protection organizations, medical associations call swimming in their recommendations as one of the most safe and useful kinds of rehabilitation and recreation [13]. In opinion of many authors health related swimming positively influence on indicators of students' objective health that manifest in normalization of their cardio vascular systems. Swimming also positively influences on subjective health of trainees: claims on vegetative disorders and psycho-emotional de-adaptation reduce, self estimation of own health becomes more adequate [9, 14, 17-19].

Researches of different health related problems and life quality with the help of swimming were presented in works of such authors as : V.V. Skirene, E.R. Skirius (2012); A.I. Ganchar (2012); N.M. Balamutova (2012); Zh.L. Kozina, S.S. Yermakov, T.A. Bazyliuk, Ye.V. Voloshina (2012); Ya.V. Kurko, O.Ya. Fedchishin (2012); N.M. Balamutova, G.M. Syidorenko (2011); I.Yu. Khymych (2009); V.V. Drogorometskiy, V.L. Kindakov, A.A. Gorielov (20013). The authors showed directions of effective solution of mentioned problems and rendered practical recommendations for students with different level of knowledge. Alongside with it many authors note noticeable reducing of students' health. As per results of everyday medical examination about 40-45% of students are members of special health groups [6]. Such variety of directions of researches requires detail analysis and their distribution by topics.

Purpose, tasks of the work, material and methods

The purpose of the work is analysis of recent years' researches, devoted to students' swimming in health related context.

As material for analysis we used specialized journals, oriented on reflection of student health's problems. Analysis of journals [Physical education of students (<http://www.sportedu.org.ua>), College Student Journal (<http://www.questia.com/library/p1917/college-student-journal>), Journal of School Health ([http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1746-1561](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1746-1561)), Journal of Teaching in Physical Education (<http://journals.humankinetics.com/about-jtpe>)] showed that the greatest quantity of publications are in free access in journal "Physical education of students", which was taken as main source of information.

Results of the researches

Swimming and its effectiveness to large extent depend on correct organization of educational process, appropriate material personnel provision. In this aspect we can note recommendations of A.I. Ganchar [4, 5]. The author remarks that in theory and practice it is necessary to distinguish 5 main aspect of swimming skills' formation. They characterize in detail qualitative realization of educational, professional-applied, health-related hygienic, medical-prophylaxis and sport-pedagogical influences of means of swimming on people of different age, considering their anatomical, morphological, functional and gender distinctions. The author accentuates attention at level and degree of swimming means' formation and considers it to be necessary to correct state tests and programs on physical education of different population's groups. Besides, author marks out negative phenomena of organizational character, which do not permit duly and reliably from person's vitally important skills of safe swimming [4, 5].

Studying of dynamic of heart beats rate in combination with questioning showed that training of health related swimming positively influences on students' objective and subjective health. It was established that indicators of cardio vascular system's functioning were normalized, self-feeling and self estimation of own health became more adequate, quantity of students' claims reduces. Students with different level of objective health demonstrated non compliance of

physiological adaptation's indicators: more than 52% of students with low adaptation estimate their health and self-feeling as middle and high; 22% of students with satisfactory adaptation estimate their health as low [9].

Correct breathing is an important factor with training students to swimming. Solution of this problem is offered in work by V.V. Skirne, E.R. Skirius *Э.Р.* [11]. In this case students' self-feeling is compulsory considered (see fig.1). Authors offer to carry out accentuated training of breathing in unusual environment that permit for students to master sport methods of swimming faster and feel themselves in water better. Methodic, applied by authors, is effective and permits to achieve substantial results in swimming training of adults for rather short period of time.

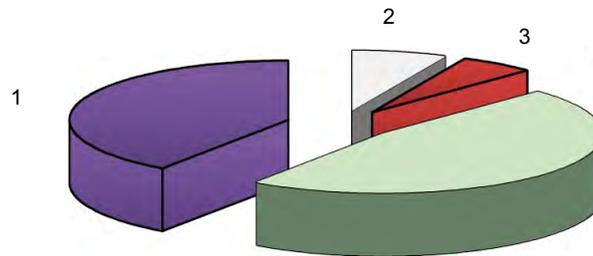


Fig.1. Self-feeling of students at swimming trainings (%) (as per data of V.V. Skirene and E.R. Skirius, 2012)

- 1 – self assurance, 40%,
 2 – discomfort (water-phobia), 7%,
 3 – discomfort (shame in front of peers), 5,3%,
 4 – feeling of safety, 47%.

It is known that swimming is recommended by many specialists as rehabilitation mean with different deformations of backbone. In this aspect we can mark out researches of N.M. Balamutova [2, 3]. Author recommends her program of hydro-aerobics and dosed swimming trainings. Results of experiment verified effectiveness of the mentioned training methodic, which was expressed in the following:

- more efficient correction of imbalance of vertebral muscles' tonus;
- maintaining of high level of dynamic and static endurance of muscles, which form corset;
- improvement of functioning state of cardio-vascular and respiratory systems;
- tempering effect, expressed in increasing of organism's resistance to respiratory diseases.

Besides, in other works the author offers one more methodic [3]. This complex of exercises facilitates formation of symmetrical muscles' corset, restoration of correct posture that permits to keep backbone in optimal position. Combination of swimming exercises with special breathing exercises permits to optimize functional state of cardio-vascular and nervous systems, facilitates blood circulation in brain, normalizes BP, increases general adaptation potential of students.

Technical aids can be efficient supplement to different complexes of exercises in water. In this aspect we can mention researches of authors' collective - methodic of aqua-fitness of playing orientation with the help of technical aids in girl-students' physical education. The authors developed special backboard, to be fastened directly on collar of swimming pool or water polo goal. Application of backboard permits to throw ball from different distances with different force. It was established that in such training girl-students' functional state and physical fitness optimize [1, 8].

Analysis of role and significance of "Physical education" discipline and its section "Swimming" permitted for author to specify main problems in system of students' physical education. One of them is development of trainings' program with involving of health related swimming, selection of methods and means, considering their individual abilities. Little-known aspects of this problem include: interconnection of physical health indicators and students' physical fitness, normative evaluation of their physical fitness and estimation of purposefulness (and necessity) of swimming trainings' introduction in academic process on physical education. The author's researches showed positive influence of swimming on students' physical fitness. The author remarks purposefulness of swimming's introduction in academic process on physical education [12].

The studying of students' joint-ligament systems (in main and special health groups) permitted to determine important directions of health indicators' improvement. Author's methodic of health related swimming is oriented on correction of negative symptoms. Several methods of swimming are offered for correction of disorders. Dosing of load is offered to be carried out by length of distance segment, by intensity, method of swimming, quantity of exhales in water, by alternating with exercises on the spot and by duration of training [6].

For planning of swimming trainings with students researches of sportsmen's trainings can be useful. Regarding modern approaches to improvement of speed turns in swimming "crawl on breast", N.I. Savchenko and V.Ya. Novitskiy recommend improving of technical level of speed turns and concentrate attention on accurate fulfillment of all elements of turns [10].

D.O. Kachurovskiy, in his works shows formation of citizens' vitally important swimming skill and offers variants to train countryside population to swimming as well as increasing of quantity of swimming trainees. The author regards traditions of family leisure in swimming complexes. Also he showed the ways to improve physical fitness of students, workers and military officers [7].

It should be noted that complex solution of problem of students' swimming training's organization will permit to improve their life quality and main indicators of health.

Conclusions:

Thus, swimming is useful with different deviations from normal health of special health groups' students. To all above mentioned we can add the following:

1. With mastering of breathing in unusual environment it is recommended to spend up to 40% of time for breathing exercises [11].
2. It is recommended to use earlier multi level programs for all children in order to help them in overcoming of water phobia, to increase effectiveness of trainings in swimming pool and swimming efficiency. This, finally, will increase percentage of adults, who can swim [15].
3. It is necessary to create favorable environment for training of students with light and heavy forms of disablement. For this purpose it is necessary to adapt swimming programs [16].

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Information about the author:

Cieślicka Mirosława: ORCID: 0000-0002-0407-2592; rektor@ukw.edu.pl; Kazimierz Wielki University in Bydgoszcz; Chodkiewiczza str. 30, 85-064 Bydgoszcz, Poland

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