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## THE INFLUENCE OF SWIMMING CLASSES ON IMPROVING THE HEALTH OF STUDENT YOUTH

*The impact of swimming on improving the health of young students. The article reveals the impact of swimming on improving the health of students in higher education. It is established that among the various areas of improving the health and quality of life of young people, especially students, swimming classes stand out. It should be noted that a comprehensive solution to the problems of organizing and conducting swimming lessons with students will improve the quality of life and basic indicators of student health.*

*It is determined that swimming lessons have a positive effect on the indicators of objective health of student youth, which is manifested in the normalization of their cardiovascular system. They characterize in detail the qualitative implementation of educational, professional and applied, health and hygienic, therapeutic and preventive and sports and pedagogical influences of swimming facilities on people of different ages, taking into account their anatomical, morphological, functional and gender differences.*

*The author focuses on the level and degree of formation of swimming skills and considers it necessary to adjust state tests and programs for physical education of different groups of the population. At the same time, this approach made it possible to establish the dominant aspects of the formation of swimming skills for different age groups.*

*In addition, the author highlights negative organizational phenomena that do not allow timely and reliable formation of vital skills of safe movement on water in a person. The variety of opportunities for swimming, its recreational and recreational value makes this sport one of the most popular among students.*

**Key words:** swimming, student youth, level of health, physical activity, physical fitness.

**Дакал Н. А. Вплив занять плаванням на підвищення рівня здоров'я студентської молоді.** В статті розкрито вплив занять плаванням на підвищення рівня здоров'я студентів закладів вищої освіти. Встановлено, що серед різноманітних напрямів підвищення рівня здоров'я та якості життя молоді, особливо, студентів, помітно виділяються заняття плаванням.

Необхідно зазначити, що комплексне вирішення проблем організації та проведення занять із плавання зі студентами дозволить підвищити якість життя та основні показники здоров'я студентів.

Визначено, що заняття оздоровчим плаванням позитивно впливають на показники об'єктивного здоров'я студентської молоді, що проявляється у нормалізації діяльності їхньої серцево-судинної системи.

**Ключові слова:** плавання, студентська молодь, рівень здоров'я, рухова активність, фізична підготовленість.

**Formulation of the problem.** Among the various directions of improving the health and quality of life of young people and, especially, students, swimming lessons stand out. The variety of opportunities for swimming, its recreational and recreational value makes this sport one of the most popular among students. International health organizations, medical societies in their recommendations declare swimming as one of the safest and most useful types of rehabilitation and recreation [2].

According to many authors, recreational swimming classes have a positive effect on the indicators of the objective health of students, which is manifested in the normalization of the activity of their cardiovascular system. Swimming also has a positive effect on the subjective health of trainees: the number of complaints of autonomic disorders and psychoemotional maladjustment decreases, self-assessment of their health becomes more adequate [4].

**Analysis of literature sources.** Studies of various problems of improving the level of health and quality of life through swimming are presented in the works of such authors as: Skirene V., Ganchar A. [7], Balamutova N. [1]. At the same time, many authors note a noticeable decline in the health level of student youth. According to the results of the annual medical examination, about 40-45% of students belong to a special educational department [4]. Such a variety of research areas requires a detailed analysis and their distribution according to thematic sections.

**Presentation of the main material of the study.** Swimming lessons and their effectiveness largely depend on the correct organization of the educational process, appropriate technical and personnel support. In this aspect, the recommendations of A.I. Ganchar can be highlighted. [7, 2]. The author notes that in theory and practice, 5 main aspects of the formation of swimming skills should be distinguished. They characterize in detail the qualitative implementation of educational, professional and applied, health and hygienic, therapeutic and preventive and sports and pedagogical influences of swimming facilities on people of different ages, taking into account their anatomical, morphological, functional and gender differences.

The author focuses on the level and degree of formation of swimming skills and considers it necessary to adjust state tests and programs for physical education of different groups of the population. At the same time, this approach made it possible to establish the dominant aspects of the formation of swimming skills for different age groups. In addition, the author identifies negative organizational phenomena that do not allow timely and reliable formation of vital skills of safe movement on water in a person [4, 5].

The study of the dynamics of the level of heart rate indicators in combination with the survey showed that

recreational swimming classes have a positive effect on the objective and subjective health of students. It was found that the indicators of the activity of the cardiovascular system are normalized, the self-assessment of their health and well-being becomes more adequate, and the number of complaints among students decreases.

Among students with different levels of objective health, there is a discrepancy between the physiological indicators of adaptation and well-being: among students with a low degree of adaptation, more than 52% assess their health and well-being as medium and high, and among students with satisfactory adaptation, 22% assess their health as low [9].

The authors propose to conduct accentuated breathing training in an unusual environment, which allows students to quickly master the technique of sports swimming methods and feel more confident in the water. The technique used by the authors is effective and allows you to achieve tangible results in teaching swimming to adults in a fairly short period of time.

It is known that swimming is recommended by many specialists as a means of rehabilitation for various spinal deformities. In this aspect, one can single out the studies of N.M. Balamutova. [1,2]. The author recommends his program of hydroaerobics and dosed swimming.

The results of the experiment confirmed the effectiveness of the chosen training method, which was expressed in:

- improving the correction of imbalance in the tone of the vertebral muscles;
- maintaining a high level of dynamic and static endurance of the muscles that form the corset.
- improving the functional state of the cardiovascular and respiratory systems;
- achievement of a hardening effect, expressed in increasing the level of resistance of the organism of those involved

in respiratory diseases.

In addition, in other studies, the author proposes one more technique [3]. This set of exercises contributes to the formation of a symmetrical muscle corset, the restoration of correct posture, which allows you to keep the spine in an optimal position. The combination of swimming exercises with special breathing exercises allows you to optimize the functional state of the cardiovascular and nervous systems, improves cerebral blood flow, normalizes blood pressure, and increases the general adaptive potential of students.

Technical training aids can be a good addition to various sets of exercises on the water. In this regard, it is possible to single out the research of the team of authors - the methodology of aquafitness of the game direction with the use of technical devices in the physical education of female students.

The authors have developed a special basketball backboard, which is attached directly to the side of the pool or to the water polo goal. The use of a shield allows you to throw the ball from different distances with different throwing efforts. It was found that in such classes there is an optimization of the functional state and physical fitness of female students [1, 8].

Analysis of the role and significance of the discipline "Physical education" and its section "Swimming" allowed the author to highlight the main problems in the system of physical education of students. One of them is the development of a training program with the inclusion of recreational types of swimming, the selection of methods and means, taking into account their individual capabilities. The poorly studied aspects of this problem include: the interaction of indicators of physical health and physical fitness of students, the normative assessment of their physical fitness and the assessment of the feasibility (and even necessity) of including swimming lessons in the educational process of physical education.

The research carried out by the author has shown a positive effect of swimming on the physical fitness of students. The author notes the expediency of including swimming lessons in the educational process of physical education [3]. Studies of the state of the articular-ligamentous apparatus of students of the main and special medical groups made it possible to determine important directions for improving health indicators.

The author's method of using recreational swimming is aimed at correcting negative manifestations. To correct violations, several methods of swimming are proposed. Dosing of the load is proposed to be carried out by the length of the floated segment, the intensity, the method of swimming, the number of exhalations into the water between the segments, alternating with exercises on the spot, the duration of the lesson [6].

Currently, in our country there are a large number of deep, initially not suitable for initial swimming training, swimming pools. They are quite active in teaching children to swim. However, the limiting reason is the lack of slender, experimentally proven methods of initial swimming training in a deep (open or closed) pool. An analysis of the scientific and methodological literature revealed only a few works devoted to this problem.

The reform of higher education led to the humanization of pedagogical education, the opening of new specialties, including the humanities, which contributed to the increase of the female contingent in pedagogical universities.

The process of physical education in pedagogical universities is traditional, such types of physical activity as athletics, swimming, wrestling, basketball, volleyball, football are actively developing. With the common tasks and objectives of physical education, its content, organization and methodology should be differentiated, primarily by gender.

The existing infrastructure of physical education of female students in pedagogical institutions of higher education on the basis of traditional provisions of existing organizational and methodological programs does not fully ensure the solution of the main task - effective rehabilitation, education and upbringing of students.

The problem of improving university physical education has been the subject of attention of specialists for many years. In recent years, the content and quality of scientific papers devoted to the study of the effectiveness of the implementation of non-traditional forms, tools and methods of physical activity of student youth has improved.

Thus, there is a need for a radical restructuring of the pedagogical process when working with female students. Research aimed at the development of non-traditional for the university, but quite popular and effective types of physical activity used in the practice of health training of female students is relevant. Including the greatest interest is the gameplay, ie. system of swimming exercises on land and in water are performed in the form of games, which facilitates their development. It is shown that through the game students enter the world of childhood, and easily master the complex coordination of

swimming movements. In connection with the above there is a need to develop and scientifically substantiate the technology based on the use of the game method in the educational process of physical education of students of pedagogical universities. This determines the timeliness and relevance of this work ..

Swimming has a positive effect on the central nervous system, normalizes its activity, eliminating excessive excitability and irritability, increasing overall vitality and creating a cheerful, good mood [8]. The cooling effect of water through the appropriate nerve conductors increases metabolic processes and has a beneficial effect on thermoregulatory processes, increasing resistance to cold

Despite these publications, the question of the design and method of using support means on the water, as well as the sequence of studying sports methods of swimming, remains insufficiently sanctified. Another, no less important factor that determines the effectiveness of initial training in swimming (including in a deep open pool) is the age and sex characteristics of the trainees, which, in our opinion, must be taken into account not only when working with highly qualified athletes, but also with newbies [5].

In the practice of physical culture and sports, it has long been established that the features of the sensitive periods of the development of physical qualities, both in girls of different age groups, and in boys and girls of the same age group, have significant differences

Research on the preparation problems of athletes can be useful for planning swimming lessons with students. Considering the issues of a modern approach to improving the technique of high-speed turns in swimming, the crawl on the chest, the authors recommend increasing the technical level of performing high-speed turns, as well as focusing on the exact implementation of all elements of the turn [9].

In his research, he shows the directions for the formation of a vital swimming skill among citizens and offers options for solving the problem of teaching swimming in the rural population, as well as an increase in the number of people engaged in swimming. The author examines the traditions of family recreation in swimming complexes. Also highlights the ways to improve the level of physical training of students, workers and military personnel [7].

It should be noted that a comprehensive solution to the problems of organizing and conducting swimming lessons with students will improve the quality of life and the main indicators of students' health.

**Conclusions.** Thus, swimming lessons are indicated for various health deviations for students of special medical groups. In addition to the above recommendations, you can add the following: when mastering the breathing skill in an unusual environment for initial swimming training, it is recommended to devote up to 40% of the class time to breathing exercises.

Early multi-level swimming programs are recommended for all children to help them overcome their fear of water, improve pool performance and improve swimming performance. This will ultimately increase the percentage of adults who can swim. It is necessary to create a favorable environment for the study of students with mild and severe disabilities. For this, it is necessary to adapt swimming programs.

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