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PECULIARITIES OF IMPROVING STUDENTS' HEALTH BY MEANS OF SWIMMING

The article analyzes the use of modern methods in the process of swimming classes to improve the physical condition of students of higher education. The effectiveness of systematic swimming lessons on improving health indicators of students was studied. A low level of health among students who lead a sedentary lifestyle was determined. The motivational aspects of the involvement of student youth in active swimming lessons have been determined. It was found that when teaching proper breathing in an unfamiliar environment for initial swimming lessons, it is recommended to spend up to 40% of the class time on breathing exercises, thus, students who are just learning to swim will more easily overcome the barrier of fear in the water environment. Thus, swimming lessons are shown with various health conditions for students of special medical groups. In addition- in the above recommendations, you can add the following when mastering the skill of breathing in an unusual environment for initial swimming training. 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 eventually increase the percentage of adults who can swim. It is necessary to create a favorable environment for the classes of students with mild and severe disabilities. For this, it is necessary to adapt run swimming programs. The variety of aspects of physical training, the specifics and features of swimming represent the best pedagogical conditions for the development of emotional and volitional stability during classes in this type of pedagogical activity.

Key words: *swimming, physical condition, students, physical education, physical exercises.*

Дакал Н. А. Особливості покращення стану здоров'я у студентів засобами плавання. В статті проаналізовано використання учасних методик у процесі занять з плавання на покращення фізичного стану здобувачів вищої освіти. Досліджено ефективність систематичних занять з плавання на покращення показників стану здоров'я студентів. Визначено низький рівень здоров'я у студентів, які ведуть малорухливий спосіб життя. Визначено мотиваційні аспекти залучення студентської молоді до активних занять з плавання. Виявлено, що при навчанні правильному диханню в незвичному середовищі для початкового навчання плаванню рекомендується до 40% часу занять відводити дихальним вправам, таким чином, студенти, які тільки навчаються плавати легше будуть долати бар'єр страху у водному середовищі.

Ключові слова: *плавання, фізичний стан, студенти, фізичне виховання, фізичні вправи.*

Formulation of the problem. Among the various areas of higher the level of health and quality of life of young people and, especially for students, classes stand out noticeably swimming. Variety of employment opportunities swimming, its recreational and health value puts this sport among the most popular with students. International or- health organizations, medical societies in their recommendations declare swimming as one of the safest and most useful types of rehabilitation ation and recreation [1]. According to many authors, recreational swimming positively affect the indicators of the objective health of students goods, which is manifested in the normalization of activities their cardiovascular system. Swimming lessons also have a positive effect on subjective health vie involved: the number of complaints about vegetative disorders and psycho-emotional maladjustment, self-assessment of one's health becomes more adequate

With the development of modern economic relations, the state needs competitive specialists who have not only a high educational level, but also strong psychophysical health. The tasks of training an emotionally stable and strong-willed person, ready for civilized work in market conditions, are set before the departments of physical culture and sports. The variety of aspects of physical training, the specifics and features of swimming represent the best pedagogical conditions for the development of emotional and volitional stability during classes in this type of pedagogical activity [5].

Swimming has long been considered the best workout for the human body. Swimming strengthens the respiratory, cardiovascular, musculoskeletal systems. This is one of the best types of physical culture. When exercising in water, the load on the apor-motor apparatus is much optimal than in everyday life, this all contributes to a lower gravitational force acting on the human body in water. Since there is no vertical load on the spine in water. This gives us the conclusion that swimming is very beneficial for the human spine. But despite this, one has to keep the body in the water and still overcome the power of the water itself. Thus, in our daily life, muscles that are practically not involved, they begin to work actively. Swimming allows you to more harden the human body and adapt to various adverse effects of temperature and high humidity.

Swimming is one of the most effective means that have a very good effect on the fight against acute respiratory and viral infections. Very well, regular swimming exercises affect the correction and deformity of the spine and thereby improve posture and the entire skeleton. Water procedures have a very good effect on the entire human body: blood circulation, strengthens the tone and increases the strength of the lungs. You can also safely say that you need to swim for your own pleasure, without thinking about any consequences. When swimming, our joints do not experience stress, on the contrary, it helps to relieve pain in the water and reduce the degree of the inflammatory process [6].

When swimming, posture is formed, the muscles of the arms, shoulders, back, chest, and legs are also strengthened. Swimming can be considered a very enjoyable pastime, it is more about recreation than any sport. In our world, with constant

tensions, crises, problems, there should always be a place for a person to relax and unwind. Swimming has a very good effect on the child's body. Children who swim more often get sick much less often. They are much more attentive in class and at home. It is easier for them to perceive educational material. Unfortunately, as people age, they move less and less. Older people prefer a sedentary lifestyle rather than a sporty one. It is more difficult for them to perform physical activity, but they are just as necessary for them as for young people.

Analysis of literature sources. Research on various enhancement issues level of health and quality of life through are presented in the works of such authors as: Balamutova N., Kozina Zh., Voloshina E., Khimich I. The authors showed directions for effective solution of the problems posed and provided practical recommendations for students with different levels of training. At the same time, many authors note a noticeable decrease in the health level of student youth. By the results of the annual medical examination, about 48.3% of students belong to a special educational department [1]. Such a variety of research areas requires detailed analysis and their distribution by thematic sections.

Presentation of the main material of the study. Swimming lessons and their effectiveness in many ways depend on the correct organization of the educational process sa, the corresponding technical and personnel sintering. 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-improving, therapeutic and prophylactic 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 level and degree of formation of swimming skills and considers it necessary to adjust state tests and physical education programs for 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 the negative phenomena of an organizational nature, which does not allow timely and reliable formation of vital skills to move safely on water [4].

The study of the dynamics of the level of heart rate indicators in combination with a survey showed that recreational swimming lessons have a positive effect on the objective and subjective health of students. It was found that indicators of the activity of the cardiovascular system normalize, self-assessment of their state of health and well-being becomes more adequate, and the number of complaints from students is reduced. Students with different levels of objective health have a discrepancy between physiological indicators adaptation and well-being: among students with low degree of adaptation, more than 53.3% assess their health and well-being as medium and high, and among 21.3% of students with satisfactory adaptation rate their health as low [2].

An important factor in teaching students vaniya is correct breathing. The authors propose to conduct accented 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. Methodology described by the authors, is effective and allows for quite a short period of time to achieve tangible results in teaching adults to swim. Swimming is known to be recommended by many specialists as a means of rehabilitation in case of personal deformities of the spine. In this aspect, it is possible to single out the studies of Balamutova N. [1, 2].

The author recommends his program of hydroaerobics and dosed swimming. The results of the experiment confirmed the effectiveness of the chosen training methodology, which resulted in:

- improved correction of the imbalance in the tone of the vertebral muscles;
- maintaining a high level of dynamic and static endurance of the muscles that form corset;
- improvement of the functional state of the cardiovascular and respiratory systems;
- achieving a hardening effect, expressed in an increase in the level of body resistance involved in respiratory diseases

In addition, in other studies, the author suggests another technique [3].

This set of exercises contributes to the formation of a symmetrical muscle corset, restoration of the correct posture, which allows you to keep the spine in optimal position. The combination of swimming exercises with special breathing exercises allows you to optimize the functional state of the cardiovascular and nervous system, improves cerebral blood flow, normalizes blood pressure, increases the overall adaptive potential of students.

A good addition to various sets of exercises on the water can be technical means learning. In this respect, studies team of authors - aquafitness game technique directions using technical devices in the physical education of female students. The authors have developed a special basketball backboard, which attached directly to the edge of the pool or water polo gates. Using a backboard allows you to throw the ball from different distances with different throwing force. It has been established that in such classes, there is an optimization of the functional condition and physical readiness of female students [6].

Analysis of the role and importance of the discipline swimming allowed the author to identify the main problems in the system physical education of students. One of them - development of a training program with the inclusion of health-improving types of swimming, selection of methods and means, taking into account their individual capabilities. Some of the understudied aspects of this problem include: interaction of indicators of physical health and physical readiness of students, normative assessment of their physical readiness and assessment of expediency (and even necessity) of inclusion swimming lessons in the educational process of physical education. The studies conducted by the author showed the positive effect of swimming on the physical readiness of students. The author notes the expediency of including swimming lessons in the educational process of physical education [7].

Studies of the state of the articular-ligamentous the apparatus of the students of the main and special medical groups made it possible to determine important directions for improving health indicators. The author's method of applying health swimming aims to correct negative manifestations. To correct violations, it is proposed several ways to swim. Load dosing it is proposed to carry out the length of the swimmable segment, intensity, swimming method, number of exhalations into the water between segments, alternation with exercises in place, duration classes.

Useful for planning swimming lessons with students can be research on the problems of training athletes. Considering the issues of the modern approach to the improvement of technology of high-speed turns in front crawl swimming, it is recommended to improve the technical level of performing high-speed turns, as well as focus on the precise execution of all elements of the turn [1]. In his study, he shows the directions for the formation of a vital swimming skill among citizens and offers options for solving the problem of teaching swimming to the rural population, as well as increasing the number of people involved in swimming. The author examines the traditions of family holidays in swimming complexes. It also highlights ways to improve the level of physical fitness of students, workers and military personnel [6].

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

Swimming can replace a whole range of exercises that they consider beyond their power. Swimming on your back promotes general strengthening properties. In order to get the optimal load during swimming lessons, special emphasis is needed on the technique of movement in the water. But at the same time, you should not swim a lot and quickly. You need to carefully monitor your body so that the distance is overcome more technically. A person should not forget that the physical load on the body should not exceed the norm, this also applies to swimming. Since in water, gravity is weaker, so the joints and muscles receive minimal stress. But the cardiac system, on the contrary, receives a greater load, since here it is necessary to hold the breath in order to overcome the resistance of water. Swimming has a positive effect on the respiratory system, diseases of the nervous system, colds, and the musculoskeletal system.

We must not forget that the effectiveness of swimming still depends not only on how to swim, but also on the place. Of course, the swimming pool is more accessible, but this is an artificial reservoir, unfortunately it is not very useful, because the water is there with the addition of chlorine for disinfection. Bathing in the ocean, sea, river and lake is considered the best, as water has many of its natural and beneficial properties for humans.

Plevaga swimming is so self-sufficient variability of its types: they can be simple developing employment, or they can be strength training in water. In everything, swimming won great popularity among the whole world, as one of the most popular sports and health-improving sports. Swimming is a unique sport, a blue yak for grown-ups, and for children. Swimming allows you not only to improve your health, but to improve old look. There is a positive impact on the main indicators of the physical development of a person: rise, vagu, zmitsnennya sercevo-vascular nervous system, development of the diaphragm apparatus of the respiratory system. Swimming is also put an excellent way of prevention that corrected the damage, scoliosis, flatness.

Efficiency in living water on the body has not been for a long time calling attention, occupied by the water korisni for infamously health promotion, podtrimki m'yaziv in good shape and for weight loss, to this day problems material and organizational and methodological security to take swimming relevant and require the solution of these problems [2, 3]. Psychologists have established that swimming activities develop such specialness, as a purposefulness, arrogance, self-reliance, rishuchist, courage, discipline, smartness in teamwork. To the very same swimming pleasantly swells not only the physical development of a person, but to shaping and special.

Swimming is such a physical right, as if spryae growth of the body of children and podlitkiv, so like the hour of swimming people are in the minds of a private lack of space and in a horizontal position, after which the timchasovo ridge rozvantazhuetsya vid zvichaynyh gravitatsiynyh navantagen. Swimming nada positive impact on the camp of the central nervous system: alertness and drativity, manifest themselves in one's own strength [4].

The price of the beneficial effect of the water environment and physical rights on the human body. It improves the work of internal organs, develops heart-vascular and diaphragm system. In the minds of a tribal perebubannya by the water thermoregulation processes are improved. Organism, increasing resistance to unacceptable environmental factors middle. The axis of why the swimming can be dosed, but it's good for people, sicken to colds zahvoryuvan [3].

Conclusions. Thus, swimming lessons are shown with various health conditions for students of special medical groups. In addition- in the above recommendations, you can add the following when mastering the skill of breathing in an unusual environment for initial swimming training, it is recommended to allocate up to 40% of the training 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 eventually increase the percentage of adults who can swim. It is necessary to create a favorable environment for the classes of students with mild and severe disabilities. For this, it is necessary to adapt run swimming programs.

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