

Means and Methods of Training in Swimming, General and Special Physical Training for the Strength Skills of Swimmers

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ABSTRACT

Universities and departments of physical education are provided with ample opportunities for creative initiatives, the use of innovations, taking into account the specifics, the levels of claims of the educational institution, the contingent of students, teachers, trainers and climatic and geographical conditions. Physical culture is a part of the culture of society, which is a set of values and knowledge created and used by society for the purpose of physical and intellectual development of a person's abilities, improvement of his motor activity and formation of a healthy lifestyle, social adaptation through physical education, physical training and physical development.

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Higher professional education and its humanitarian component - physical culture - are aimed at the priority improvement of personal abilities, the development of the self-educational and self-educational function of the student, his formation as a citizen, intellectual, specialist, fixed and specified by a number of legitimate documents of the Uzbek state. Physical culture (PC) is a part of the general culture of mankind, which is a creative activity to master the past and create new values, mainly in the field of physical development, health improvement and education of people. Sport is a specific form of cultural activity of a person and society, aimed at revealing the motor capabilities of a person in a competitive environment. Swimming is a sport or a sports discipline that consists in overcoming various distances by swimming in the shortest time. At the same time, in a submerged position, according to the current rules, it is allowed to swim no more than 15 m after the start or turn; speed diving is not swimming, but underwater sports. The physical education program in higher educational institutions includes a mandatory section "Swimming", which is implemented during the entire period of students' studies at the university in the following forms: training sessions (mandatory and optional); classes in the section of the sports club of the university and in sports camps. The practice of using swimming as a means of physical education shows the possibility of increasing the efficiency of the educational process as a result of improving the physical and functional abilities of students; maintaining a high level of mental and physical performance throughout the entire period of study; professional and applied training of students (taking into account the peculiarities of future work activity); formation of students' skills and abilities of independent swimming lessons; acquiring the necessary knowledge on the basics of the theory, methodology and organization of training and sports training in swimming, performing the functions of a judge in sports and a public swimming instructor. Compulsory training material of the swimming program in I and II courses is mastered by students in combination with other means of physical education (gymnastic exercises, sports games, ski training, athletics, etc.). To conduct practical classes at each course, educational departments are formed: preparatory, special and sports improvement. The

distribution of students by educational departments is carried out on the 1st year - taking into account the state of health, the level of physical fitness and sports qualifications. Students of the main and preparatory medical groups are enrolled in the preparatory educational department. Practical classes for students of these groups are held separately. As a rule, students who have not previously been involved in sports swimming are enrolled in the preparatory department. Students who are assigned to a special medical group according to the data of a medical examination study at a special educational department.

Students of the main medical group with a sports category are enrolled in the department of sports improvement. In some cases, students who do not have a sports category, but who have good abilities and who want to go in for swimming, may be admitted to swimming lessons at this department.

The size of the training groups of the preparatory and special departments should not exceed 15 people. The number of students per one teacher (coach) in the department of sports improvement depends on the level of sports preparedness of students: for example, in groups consisting of swimmers of the III and II sports category, the number of students should not exceed 12 people; from swimmers of the 1st category and candidates for master of sports - no more than 8 people; from the masters of sports - A-6 people.

In the process of swimming lessons at the most mass, preparatory department, the following tasks are solved:

on the 1st course - the choice of the main method of sports swimming and training in this method;

in the 2nd year - a combination of sports swimming with classes in the gym of a speed-strength orientation.

In the classes in the 1st semester, swimming of medium distances is typical, using a uniform method with a gradual increase in the intensity of exercises by December (heart rate - up to 170 beats / min). Motor occupation density reaches 80%; the volume of swimming by elements does not exceed 20% of the total planned volume of exercises. In the 2nd semester, it is recommended to swim medium and long distances with a uniform and variable speed. The volume of swimming by elements does not increase, however, the intensity of the exercises increases (heart rate - up to 180 beats / min). Motor occupation density can reach 90%. In the 3rd semester, the content of the training program mainly includes swimming short segments and distances with low intensity (heart rate - up to 170 bpm). The volume of navigation by elements is from 30 to 60%; the motor density of occupations reaches 70-80%. In the 4th semester, it is planned to swim short segments and distances in full coordination using repeated and interval training methods. It is recommended to conduct shock training to improve general endurance once in 4-5 sessions using distance swimming. The motor density of classes (depending on the direction) ranges from 70 to 90%.

Classes in December and May (calendar periods preceding the examination sessions) should be constantly diversified in content. It is advisable to use exercises to study and improve the technique of additional methods and applied swimming; include in the classes various types of relay races and swimming segments in a repeated mode.

The listed organizational and methodological recommendations increase the effectiveness of the educational process, and the use of swimming as the main type of physical exercise enables students to successfully fulfill the requirements of the curriculum and achieve a good level of functional development.

At a special department, where swimming is the main type of physical exercise, classes are planned taking into account the state of health and the level of physical fitness of students. It should be emphasized that classes for students of this department are mandatory throughout the entire period of study at the university and are held in the amount of 4 hours a week.

Of particular importance in the process of swimming lessons with students assigned to a special medical group are medical and pedagogical observations. When taking into account the intensity and volume of the performed swimming load, it is necessary to monitor the external signs of fatigue during the exercise. With excessive load, general weakness, increased fatigue, palpitations, discomfort in the heart area, etc. may occur. An unsatisfied state may also appear after class, which is due to the inconsistency of the

exercise regimen with the health status of students, their level of fitness. In these cases, a change in regimen, sufficient rest, and an in-depth medical examination are necessary.

The reaction to physical activity in the process of studying students at a special educational department should be manifested by moderate shifts in physiological parameters. Depending on the nature and intensity of the load, the heart rate, blood pressure, and respiratory rate increase; the period of recovery of indicators to the initial level usually does not exceed 5-10 minutes. Body weight does not change significantly. Vital capacity and muscle strength may increase or decrease moderately (in the latter case, this indicates the onset of fatigue). A small degree of fatigue in swimming lessons with students with health problems is quite acceptable.

Physical education is the process of teaching a person motor skills and abilities, controlling the movements of his body in time and space, mastering theoretical knowledge on the use of FC tools in various conditions of life and activity. Motor activity is one of the most important components of a healthy lifestyle of a person, which is based on a reasonable, appropriate gender, age, state of health, systematic use of FC and sports. Motor skill - a conscious state of mastering the technique of a motor act (in the cerebral cortex - a project of a complex movement, a specific action), turning into a skill when using training tools and methods. A motor skill is a subconscious level of possession of the technique of action, at which the control of motor acts is carried out almost automatically. Characterized by high reliability of the movement. The professional orientation of physical education is carried out by one of the main subsystems of culture in the form of professionally applied physical training, the tasks of which are to form specially applied knowledge, qualities, abilities, skills that contribute to the achievement of a person's objective readiness for effective professional activity.

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