



# Wellness Swimming as a Part of the Physical Education of Students

**Ruziyeva Mahliyo Kayumovna**

*Ferghana State University Faculty of the department of sports games*

**Annotation:** This article presents the main tasks and the role of recreational swimming in the field of physical education. Recreational swimming is considered by the author as a part of the physical education system of higher educational institutions. The scheme of distribution of students to medical groups is described, some recommendations are given for conducting classes by semesters. Also, the author focuses on the formation of classes for students of the special department. The article is intended as theoretical material for students and teachers of higher educational institutions.

**Keywords:** Medical groups, sports, recreational swimming, physical education, health, classes, movement, motive.

An urgent problem in the physical education of higher educational institutions is the preservation and strengthening of the health of students with medical deviations in health. One of the most effective and preventive means of maintaining and improving a healthy lifestyle

- This is recreational swimming, which is considered in this article.

The practice of using swimming as a means of physical education shows the possibility of increasing the effectiveness 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 training; professional and applied training of students (taking into account the characteristics of future labor 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 teaching and sports training in swimming, performing the functions of a sports judge and a public swimming instructor.

Swimming is a way of moving in the water, while not touching the bottom, which is typical for people and animals. In addition, from the Greek language, swimming is translated as treatment with water and movement. Swimming is also a sport. In the field of physical education, swimming is: a massive means of multifaceted physical education, which includes the skills necessary for every citizen, starting from an early age;

Means of vocationally applied training for work (both in educational institutions and in various kinds of organizations) and the defense of the country; mass means of health improvement, hardening, physical improvement and active recreation of the population; a means of attracting the population to a healthy lifestyle (healthy lifestyle). The main tasks of recreational swimming are: to teach a person to stay on the water; restoration and preservation of the health of the body; education of willpower, determination, courage, etc.

The physical education program at universities includes a mandatory section

"Swimming", realized in the following forms: training sessions and classes in the section of the sports club of the university. Swimming makes it possible to increase the effectiveness of the educational process in connection with the improvement of the physical abilities of students; maintaining a high level of performance throughout the entire learning process; professional and applied training of students (taking into account the specifics of future labor activity); the formation of skills and abilities for independent swimming, an excellent option for physical activity, which will help to strengthen health and keep the body in good shape, and is also an excellent way to harden and prevent colds.

An analysis of swimming programs used in universities indicates that classes, as a rule, are built according to the traditional method with parallel-sequential mastering of two methods of crawl on the chest and crawl on the back, similar in structure. At the same time, the characteristics of gender and age, interests, motives and needs of students, as well as individual characteristics and predisposition to mastering a certain type of motor activity are not sufficiently taken into account. The organization of swimming lessons with student youth in the mode of training sessions, taking into account the above-mentioned features, can significantly affect the formation of their need for a healthy lifestyle, on the state of health and prevent its further deterioration.

Thus, there is a need to search for new, more effective forms of a purposeful approach to the prevention and health promotion of student youth in universities by means of swimming. An approximate scheme for the distribution of students into groups: students of the main and preparatory medical groups are enrolled in the preparatory educational department. Classes for these groups are held separately. As a rule, students who have not been professionally engaged in swimming are enrolled in the preparatory department.

Students assigned to a special medical group based on the results of a medical examination study at a special educational department. The Department of Sports Development teaches students of the main medical group who have a sports category. In the process of training lessons in swimming, the following tasks are determined: in the 1st year - the choice of the preferred method of swimming and the honing of skills and training of this method; on the 2nd course - a set of sports swimming with general physical training in the hall.

It is recommended to conduct classes by semester as follows:

1. First and second semesters - improving overall endurance;
2. Third semester - preparation and honing of speed and strength skills;
3. Fourth semester - alternating speed training and endurance improvement.

For the first semester, swimming of medium distances with a gradual increase in the intensity of exercises is characteristic. The motor density of the occupation reaches 80%; the volume of swimming of individual elements does not exceed 20% of the total volume of exercises. In the second semester, it is recommended to overcome medium and long distances at different speeds. The intensity of the exercise increases.

The third half of the year - swimming short segments and distances with low intensity. The volume of floating by elements is from 30 to 60%; the motor density of classes is 70–80%.

In the fourth semester, it is planned to cover distances over short distances. Once every 4-5 sessions, it is recommended to conduct a distance swimming workout to improve endurance. Will rationally apply and combine different types of exercises to study additional methods of swimming and introduce into classes the varieties of relay races and competitions. The above tips for

conducting classes allow you to increase the efficiency of the educational process and the general level of health in the university.

At a special department, when forming classes, the level of physical fitness and the state of their health are taken into account. In the course of classes with students of this department, the following tasks are solved: elimination of functional deviations in organ systems and deficiencies in physical development and motor readiness, improvement of the state of the body; correction of residual effects after illness; strengthening health, hardening and increasing the level of the body's performance, improving physical skills and abilities; gradual adaptation of the body to the effects of physical activity; the acquisition of the necessary (permissible for this group) professional and applied skills and abilities; improvement of such physical qualities as flexibility, agility, endurance, speed.

For this category of students, swimming plays an important role. This sport is the most useful and necessary, helping to strengthen the respiratory muscles, increase lung volume, improve posture, stimulate brain activity with the flow of oxygen, help relieve stress, improve blood circulation, etc. Water also has a massage effect on the body, contributing to relaxation and by stimulating the regulation of the body's autonomic system. As a recommendation, when planning and conducting training lessons in swimming with this group of students, these rules should be taken into account: the dosage of swimming exercises should be uniform and contribute to a gradual increase in the load in order to avoid overloading the body. Exercise of great intensity should alternate with active rest; the selection of exercises and the intensity of classes should be carried out individually, depending on the student's state of health ;

Particular attention should be paid to correct breathing when performing exercises; exclude exercises that require great physical activity, with holding your breath; alternate physical exercises with special breathing exercises.

An experiment was set up as part of the educational process. The purpose of which was to determine the impact of swimming lessons on the health of students with medical disabilities. For this, two groups of students of a special medical group of 26 people were recruited, one was offered to attend swimming classes, the other group of students was engaged in physical culture in the gym of the university, students were engaged in 1 and 2 semesters. During the year, students missing classes due to colds brought medical certificates, at the end of the test period, a count of certificates and missed class hours was made.

According to the results of this study, it can be concluded that students who were engaged in swimming in the classroom had a characteristic decrease in the frequency of diseases, and the diseases became less serious and protracted, students after swimming felt positive emotions, even if they got sick, then for 2-3 days.

In conclusion, it was concluded that recreational swimming has a positive effect on the health of the student. Swimming has a pronounced healing effect that affects the general condition of the body; development of the respiratory system, physical performance, improves the functioning of the body's immune system, keeps the body in good shape, is a kind of remedy for people with various diseases, perfectly develops the respiratory and cardiovascular systems, enriches the body with oxygen, and, therefore, improves brain activity. Swimming has a beneficial effect on the process of personality formation. Swimming develops such psychological qualities as: courage, will to win, speed, discipline, determination, strengthen willpower, develop social communication skills.

Swimming lessons must be used in any form: in physical education classes, in independent studies, classes in the section, since students with disabilities have the effect of prevention and hardening of

the body, and among students of the main and preparatory groups it helps to strengthen and maintain health, improve elements of technique of various swimming methods.

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