

SWIMMING FOR STUDENTS

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Introduction: Every year, thousands of people die on the reservoirs of Uzbekistan due to the fact that people do not know how to float on water and have not mastered such an applied form of physical exercise as swimming. Every person should learn to swim in order to get an additional chance to survive in

extreme conditions; the ability to swim is important when studying military professions. Goal setting when learning swimming: learn to float, learn to swim, learn to save drowning people, teach your children to swim.

Methods: A positive effect from physical education is possible only when the motor mode, duration, complexity and intensity of physical exercises, hardening procedures, as well as their coordination complexity correspond to the individual capabilities of a person, the conditions in which he lives and works. Physical culture and sports in a higher educational institution act as a means of social development, active improvement of individual personal and professionally significant qualities of future specialists, as a means of achieving physical perfection. To achieve the main goal of physical education of students - the formation of physical culture of the individual, the solution of the following educational, educational, developmental and health-improving tasks is provided: understanding the role of physical culture in the development of the individual and preparing him for professional activity; knowledge of the scientific and practical foundations of physical culture and a healthy lifestyle. [1] Research shows that the health and satisfaction of students is very low and tends to decline further with age. That is why it is necessary to search for reserves for increasing the effectiveness of both educational and independent studies. This situation can also be explained by the careless attitude of students themselves towards their health. The values of health and beauty of the human body in the holistic structure of value orientations are shifted to the periphery. This is the result of insufficient knowledge and beliefs about the role of physical education in the formation of personality. That is why it is very necessary for purposeful work of all social and educational structures, especially preschool institutions and schools, to form a conscious attitude towards one's health from a very early age. Appearance, physique, gait, posture, cheerfulness, which are successfully formed in the process of physical education, serve as an effective educational tool. [2] This applies to specialists of any profile, almost every one of whom will become a parent in the future. They will be able to successfully shape the personality of children and introduce them to physical education if they systematically engage in their own physical self-education. All of the above tasks are best met by swimming.

Swimming is one of the most difficult events in the Olympic program. Today, achieving outstanding results requires maximum physical and spiritual effort. The teacher must teach students the skills and abilities necessary for further regular swimming or other sports. Swimming is a unique type of physical exercise and is one of the most popular sports, both in Uzbekistan and abroad. Specific features of swimming are associated with motor activity in the aquatic environment. In this case, the human body is subjected to a double impact: on the one hand, it is affected by physical exercise, on the other, by the aquatic environment. These features are also determined by the physical properties of water: its density, viscosity, pressure, temperature, heat capacity. [3]

Results and Discussion: In swimming, the main muscle groups perform dynamic work and, depending on the distance, must be adapted to work in both aerobic and anaerobic conditions. The horizontal position of the body when swimming facilitates the work of the heart, improves muscle relaxation and joint function. Changes occur in the blood. When a person is in water, the number of formed blood elements increases: red blood cells, leukocytes, hemoglobin. This is observed even after a single stay in water. 1.5-2 hours after exercise, the blood composition actually reaches a normal level. However, the level of blood cells increases over a long period of time with regular exercise. To summarize, it should be said that swimming, due to the impact on the body of both motor activity and the aquatic environment, leads to physiological changes in almost all human organs and systems.

Conclusion: Swimming is one of the most important links in the system of hardening and physical education of any person. Constant contact with water hardens, serves as the best means of preventing colds, helps develop willpower and physical endurance

Swimming is a very useful sport; once acquired, a person retains the skill of swimming for life. Swimming has a good effect on human health and physical fitness. You need to practice swimming because it not only lifts your mood, but also improves a person's general condition.

References

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