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## **RECREATIONAL SWIMMING AND ITS IMPACT ON THE HEALTH OF STUDENT YOUTH**

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.

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.

Studies of various problems of improving the level of health and quality of life through swimming are presented in the works of many authors. At the same time, many authors note a noticeable decline in the health level of student youth. About 40-45% of students belong to a special educational department.

Ganchar A. 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 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, according to the research of V. Volkov, 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.

The researchers 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. The author recommends his program of hydroaerobics and dosed swimming.

In addition, the author proposes one more technique. 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. 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.

Analysis of the role and significance of the discipline "Physical education" and its section "Swimming" allowed 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 T. Bazylyuk and Zh. Kozyna have shown a positive effect of swimming on the physical fitness of students. The authors note the expediency of including swimming lessons in the educational process of physical education. 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 (Dubogai O.) 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.

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.

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 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 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. 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.

In his research, A. Ganchar 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.

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.