THE IMPORTANCE OF SWIMMING IN INCREASING ENDURANCE

Ruzieva Makhlilo Kayumovna- Lecturer at the Department of Sports FSU

ANNOTATION: The article is devoted to the issue of the influence of swimming on the improvement of the human body. In the course of the work, the main advantages of swimming over other types of physical activity are considered. Much attention is paid to a detailed description of the influence of swimming lessons on individual systems of the human body.

Keywords: health; sport; Physical Culture; swimming; human organism.

INTRODUCTION

In the modern world, there are a number of negative factors that have a negative impact on human health and life. These factors include unfavorable environmental conditions, constant stress received by a person in everyday life, and an unhealthy “sedentary” lifestyle. That is why physical culture and sports are of particular importance for maintaining the human body. Regular physical activity allows you to constantly keep the body in good shape, improve health and, in general, improve a person’s mood.

However, many of the existing sports have a number of contraindications or require great physical effort, which deprives them of a universal character for any person. In this case, the most important task is to find such a type of physical activity that would allow you to regularly maintain the body in good shape and at the same time would not have any special contraindications.

MATERIALS AND METHODS

One of the most useful sports is recreational swimming, which has a positive effect both on the human body and on his attitude. Regular swimming classes allow not only to strengthen a person’s health, but also to form a strong character, self-discipline and endurance in him. The essence of swimming is activity in the water space, and two effects are carried out on the body at once: the exercises themselves and the aquatic environment.

---

Speaking about the benefits of swimming, it should be noted that it has a positive effect on almost all body systems, including:

- cardiovascular system;
- respiratory system;
- muscular system;
- nervous system;
- immune system.

RESULTS AND DISCUSSION

The impact on the human cardiovascular system is primarily expressed in its general strengthening. So, in people who regularly go in for swimming, the heart rate in a calm state rarely exceeds 60, while in an ordinary non-exercising person this value reaches 70...80 beats per minute.

We also note that, unlike many other sports, the role of swimming in the prevention of the cardiovascular system is extremely positive. Constant water pressure makes it possible to significantly facilitate the outflow of blood to the heart, so swimming is indicated even for people with a weakened heart muscle.

Hydromassage of the skin contributes to the improvement of the regulation of the body's vegetative functions, reflex stimulation of the cardiovascular system, and improvement of peripheral circulation. It is also worth noting that swimming training can improve the level of blood circulation in the human brain, thereby having a positive effect on the development of his psyche, reducing fatigue and thereby increasing mental abilities.

Swimming affects the work of the respiratory muscles, improves the respiratory system as a whole. The gravitational load on the spinal column is reduced, the muscular corset of the chest is strengthened, which leads to an improvement in posture.

Practice has shown that in diseases associated with spinal disease, swimming helps to eliminate this defect. Therefore, doctors often send children with various forms of curvature of the spine to the pool.

Regardless of the chosen style of swimming, with regular training, a person also constantly works out all muscle groups, thereby strengthening the muscular system of the body and contributing to the harmonious formation of the overall shape of the body. It
should be noted that despite the fact that water creates much more resistance than air, the muscular system of the body is not overstrained. Thus, swimming makes it possible to develop human muscles many times faster (unlike, for example, running), while doing no harm to the body. Kenneth Cooper, a well-known specialist in the field of health improvement of the human body and the development of health technologies, has repeatedly noted that swimming is one of the most effective types of aerobic exercise, which involves all major muscles.

The human immune system is also
is subject to a positive impact from swimming, because as a result of regular training, the human body gradually hardens, becomes stronger and more resilient. It is also known that as a result of swimming, the human body gradually develops immunity to cold temperatures and becomes more tolerant. The ongoing changes in the blood increase the protective properties of its immune system, increasing resistance to infectious and colds. The influence of swimming on the nervous system should not be underestimated. General toning of the body leads to the fact that regular training can have a beneficial effect on the human psyche, reducing the level of stress and psychological physical discomfort.

Do not forget that swimming is one of the most effective measures for proper healthy weight loss, as a person loses 100 kcal in 15 minutes of spending time in water.

The value of swimming for the human body is widely known to almost every person. To demonstrate an example of the benefits of swimming as a form of physical activity, we conducted a small survey among students.

The following questions were asked to the respondents:

1) Do you think that swimming has a positive health effect on the human body?

2) Which of the systems of the human body, in your opinion, does swimming have the greatest impact on?
   a. On the musculoskeletal; b. For cardiovascular; in. On the nervous;
   d. For immune;

---


e. On the respiratory.

3) For what purposes, in your opinion, do people start swimming?

4) Did you swim? If so, what benefits did it bring to your body?

As a result of the survey, the following conclusions were made:

1) The majority of respondents noted that swimming has a positive effect on the health of the body, which accounted for approximately 87% of the total number of respondents.

2) In fig. 1 shows the results of the survey on the second question.

3) The majority of respondents noted that the most common reason for swimming is the desire of a person to have a beautiful and fit figure, as well as strengthening their own body and developing various muscle groups in the body.

4) 54% of the respondents noted that they went in for swimming, of which 17% - on a permanent basis and 29% continue to do so. As the most useful feature of swimming, the respondents noted the formation of a good body structure, the development of muscles, as well as a general increase in the stamina and endurance of the body.

CONCLUSION

Summing up, it should be said that swimming lessons have a number of undeniable advantages, which allow me to classify this sport as one of the most beneficial for the body.

In conclusion, I would like to once again highlight the most beneficial healing properties of swimming for the body:

1) Swimming has a strengthening effect on the cardiovascular system of the body, significantly improving the heart rate of a person in a calm state, as well as improving blood flow to the internal organs;

2) During training, regardless of the chosen swimming style, almost all muscle groups are involved in the human body, thus swimming ensures the harmonious development of the musculoskeletal system;

3) Swimming contributes to the overall strengthening of the body's immunity, and also increases endurance and temperature tolerance;

4) Swimming also helps to reduce mental stress on the body, reduces stress and has a tonic effect on human health;
5) Unlike other sports, swimming has practically no contraindications and is the least traumatic sport;

6) Swimming can be shown to people with various diseases, including diseases of the cardiovascular and musculoskeletal systems.

REFERENCES


