



# Increasing the effectiveness of group swimming lessons of a sports and health-improving orientation

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## Abstract

**Objective of the study** was to determine the effectiveness of various approaches to planning sports and recreational activities in swimming in subscription groups.

**Methods and structure of the study.** To determine the effectiveness of planning classes in subscription swimming groups, testing of the motor and swimming readiness of those involved in primary school age 8-12 years old was used.

**Results and conclusions.** Classes in subscription swimming groups, built on the basis of the stages of initial training, preliminary and basic training with an emphasis on increasing the length of the swim segments, at each stage showed an advantage over the traditional approach based on the program of swimming initial training groups with an emphasis on mastering the technique of methods swimming, and have a healthier effect. Those involved in the experimental group ultimately had a higher level of swimming fitness, endurance and strength abilities.

**Keywords:** *swimming, subscription groups, sports and health-improving orientation, motor and swimming readiness, planning.*

**Introduction.** Swimming remains the most popular type of physical activity among schoolchildren, and most parents of younger students are interested in teaching swimming to children as a vital skill and strengthening their health through swimming. Swimming training takes place both in sports schools and in subscription groups of swimming pools [1, 2]. Classes in these groups are based on the principle of elementary training groups, however, subscription groups are supposed to attend twice a week with a lesson duration of one hour. As practice in swimming pools shows, most children who have completed a course of initial swimming training show a desire to continue further classes in order to increase their level of swimming preparedness. In this regard, there is a difficulty in planning and conducting classes due to the small number of hours per week.

**Objective of the study** was to determine the effectiveness of various approaches to planning sports and recreational activities in swimming in subscription groups.

**Methods and structure of the study.** The experimental base for the study was the swimming pool of Sports and recreation complex "Victoria" in the city of Yelets, where classes were organized in subscription groups of a sports and recreational orientation.

At the first stage of the study, 24 students of two groups were tested. The age of the respondents included in the subscription groups ranged from 8 to 12 years, approximately the same level of mastering the swimming skill and the level of motor fitness, which included children of different sexes. Since the initial level of children's swimming readiness was low and the trainees could cover only a distance of 25 meters on the chest or on the back without stopping, the lessons in the control group were traditionally planned and conducted in accordance with the program of initial swimming training of the first year. In the experimental group, we divided the classes into stages, the first stage was carried out, as in the control group, but its duration was 12 weeks. In the future, classes



The final results of the swimming preparedness of those involved

Control exercises	After experiment		Reliability ( $\rho \leq 0,05$ )		
	Control group n=9	Experimental group n=10	$T_{cr}$	$\rho$	$t_s$
	$X \pm \sigma$	$X \pm \sigma$			
100 m complex swimming (point)	3,94±1,2	3,82±0,9	2,11	>0,05	0,5
20-minute freestyle swimming (m)	605,56±52,7	720±42,16		<0,05	5,3

were carried out taking into account the stages of planning: preliminary training and basic training [4]. Each stage was distinguished by a change in planning in terms of the volume and intensity of the load performed, which was based on the planning recommended for sports and recreation groups of the Children's and Youth Sports School [3]. The main attention in the experimental group was given to a gradual increase in the length of the swim segments in various ways and an emphasis on the development of endurance.

The results of stage-by-stage control - mastering the technique of swimming and swimming a distance of 50 m by choice in the experimental group served as an indicator of the transfer of children from the stage of initial training to the stage of preliminary training. The duration of the pre-training cycle was 12 weeks. The ability to swim a distance of 200 m without stopping in any sports way served as an indicator of the transition of those involved to the stage of basic training. The duration of the basic training took all the subsequent time and lasted approximately 16 weeks. The main tasks of this stage were aimed at further im-

provement of the technique of sports swimming methods and at the formation of skills to swim a distance of up to 800 m.

Evaluation of the effectiveness of motor and swimming fitness was carried out using tests of general physical fitness and special physical fitness.

**Results of the study and their discussion.**

The analysis of the data obtained showed that as a result of the final testing, there were significant changes in the motor fitness of those involved in both the control and experimental groups. Significant differences in motor fitness were observed only in testing speed-strength indicators (throwing the ball from behind the head) (Fig. 1, 2).

In testing swimming preparedness, the level of mastering the technique of swimming by all methods was determined in points when swimming 100 m in complex swimming. The technique of elements of sports swimming methods was evaluated on a five-point scale, the evaluation criteria were the most typical mistakes in swimming technique that occur during training.

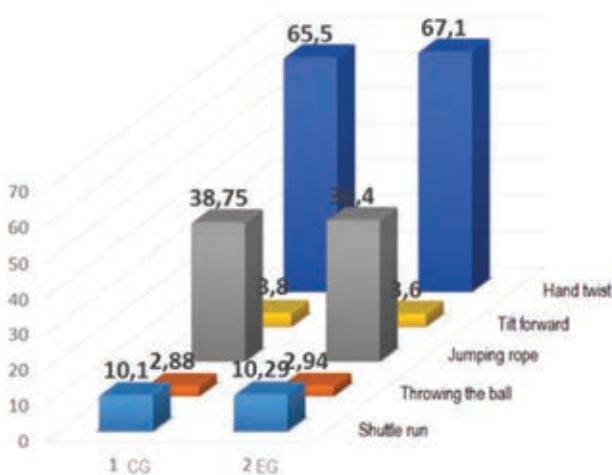


Figure 1. The results of testing the motor fitness of the sports and recreation groups involved before the experiment

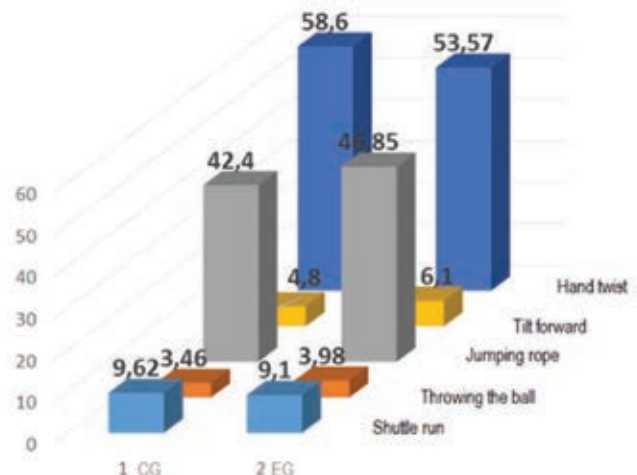


Figure 2. The final results of testing the motor fitness of sports and recreation groups involved



A comparative analysis of assessments of swimming technique showed that there were no significant intergroup differences in mastering the technique of movements (see table).

A significant difference in the final indicators is observed between the control and experimental groups in a 20-minute endurance swim. We see that the increase in motor fitness indicators is much higher in the experimental group, as evidenced by the results of the study.

**Conclusions.** The approach to planning classes in subscription groups based on the allocation of such training levels as preliminary and basic training led to a more significant increase in the swimming preparedness of those involved in comparison with the traditional approach based on the program of initial swimming training groups. Ultimately, this was reflected in a significant increase in the length of the swimmers' distance, an increase in their endurance and strength abilities, which, therefore, characterizes a greater healing effect.

## References

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