



## SWIMMING SPORTS AND ITS INFLUENCE ON HUMAN HEALTH

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**Annotation:** V sleduyushchey state rasskazyvaetsya o vajnosti plavaniya v jizni cheloveka, i eto ob'yasnyaetsya s pomoshchyu neokhodimoy literatury.

**Key words:** Human, plavanie, myshtsa, voda, Olympiad, serdtse, telo, voda, bolezni, sport.

“The history of swimming dates back to the 15th and 16th centuries. The first sports competitions of swimmers were held in Venice in 1515. The first swimming schools were opened in Germany, Austria, and France in the second half of the 18th century and the beginning of the 19th century. At the end of the 19th century, when artificial water bodies began to be built, the sport of swimming became popular. 1890 The 1st European Swimming Championships™ were held. Swimming has been included in the program of the Olympic Games since 1896 (women participate since 1912). National Federations of more than 130 countries are members of the International Amateur Swimming Federation (FINA, founded in 1908)[4].

“Various water games and competitions have been held in Uzbekistan since ancient times. Water swimming began to develop in the republic in 1924-1925. It was during this period that the first hydrostations were built. For example, in Tashkent, Bozsuv was dammed and an artificial reservoir was created. 2 water stations were built here, a swimming pool and diving towers were built. In 1927, for the first time, a swimming competition was held here between the teams of Tashkent and Samara (Russia). Stadium and uz. A 50 m heated outdoor pool was built and put into operation. In 1935, the 1st republican water sports holiday, the championship of Uzbekistan in water swimming was held in the artificial water basin of Andijan, in 1937, an open water basin was built in the recreation park of railway workers in Tashkent, and the 1st children-teenagers' sports school in swimming was established. In 1939, the Republican Swimming Federation was established in Uzbekistan. In the 60s of the last century, indoor and outdoor pools with heated water were built and put into use in Tashkent (at the Institute of Physical Education, under the Sports Society “Labor Reserves”, belonging to the Army Sports Club), in the city of Navoi, and in other regions. Talented young athlete swimmers began to develop in the republic. S. Babanina, N. Ustinova, S. Iskandarova, S. Konov, S. Zabolotnov, who successfully participated in the Olympic Games and international competitions, gained fame in this type of sport [3].

Swimming is a unique sport that can be practiced by everyone, regardless of age and health. In most cases, going to the pool, even at the amateur level, is an effective way to prevent and even treat many diseases.

“Regular practice of swimming harmoniously develops basic physical qualities (strength, speed, agility, endurance). And the body is in relative weightlessness in the water environment. The weight of the human body is neutralized by the force of water. The balance of the body in the water frees the locomotor apparatus from static load (work) and helps the human physical development process to take place correctly. In well-trained swimmers, cardiovascular contractions at rest are reduced to 48-54 instead of the normal 72-78 per minute (that is, the blood pumped out by each heart ventricle in one contraction increases). Heavy physical exertion causes a slight change in heart activity in swimmers. In intensive physical work, the minute work volume of the heart (the amount of blood squeezed by the heart ventricles in 1 minute) is 30-40 l instead of the normal 4 l, and heart contractions increase 3-4 times. In sports swimming, blood circulation exerts a force of 12-15 kg on the chest due to the horizontal position of the body and the dynamic work of muscle groups, as well as the effect of water pressure on the body surface, and when the swimmer moves, this force reaches 20 kg. This, in turn, increases the mobility of the respiratory muscles, the chest, its size and the vital capacity of the lungs (UHS). Swimming helps in the uniform development of many muscle groups. In the prevention and treatment of several diseases (in the initial stages of diseases of the cardiovascular and respiratory systems, metabolic disorders, decreased joint mobility, etc.), swimming exercises are widely used as a means of treatment [1]. In addition, “swimming increases the ability of the human body to adapt to the negative effects of temperature changes and high humidity. Another feature of swimming is prevention of acute respiratory and viral diseases. Also, the coordination of movements is significantly improved and the whole skeleton is strengthened” [4].

Today, the types of swimming are being formed, for example, “Swimming in water, athletic swimming is a type of sport, athletic swimming for an officially determined distance in a certain way (freestyle, breaststroke, butterfly, backstroke), as well as underwater, practical, synchronized (artistic ) includes swimming. According to the classification of the International Olympic Committee, Swimming includes diving and swimming. Swimming is a component of modern 5 sports” [3].

“Swimming is indicated as a blood pressure-lowering option for hypertensive patients, and simple physical activity can help obese people with pain.

If a certain type of sport mainly involves a certain group of muscles, then almost all the muscles of the body, including the facial muscles, work during swimming. You will exercise your muscles evenly and increase your energy tone. Swimming perfectly trains the muscles of the legs, arms, abdomen, back, and neck, while each muscle group receives different loads. If a swimmer is practicing different swimming styles at the same time, then you can focus on different muscle types.

Swimming significantly improves muscle flexibility and elasticity. Swimming is especially beneficial for menopausal women. This sport allows you to strengthen bone tissue, which becomes more fragile in women after reaching menopause. Regular exercise in the water helps prevent problems related to increased brittleness, which prevents fractures. In this regard, swimming can be called an ideal sport for people over 50 years old, who are contraindicated in heavy physical exertion for various reasons” [5].

Swimming has long been considered one of the best exercises for the human body. The main positive effect of swimming on human health is that it strengthens breathing, the cardiovascular system, and the musculoskeletal system.

Based on the above, we can conclude that although swimming is useful for people, in some cases, it can have a negative effect on health. Therefore, we should not forget that first of all we need to thoroughly study the effect of swimming on the human body. It will be enough to follow a few simple rules to avoid negative consequences.

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