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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE IMPORTANCE OF SWIMMING LESSONS IN IMPROVING STUDENTS'
HEALTH****Bohodir Amirkulovich Ishimov**

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ABOUT ARTICLE**Key words:** swimming, health, student, rehabilitation.**Received:** 01.06.26**Accepted:** 02.06.26**Published:** 03.06.26**Abstract:** The article presents theoretical and practical material on teaching swimming to students in physical culture lessons. When mastering the breathing skill in an unfamiliar environment for initial swimming training, it is recommended to devote up to 40% of the training time to breathing exercises.

Introduction. Among the various directions for improving the health and quality of life of young people and, especially, students, swimming lessons stand out noticeably. The variety of opportunities to go in for swimming, its recreational and health-improving 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 beneficial types of rehabilitation and recreation.

According to many authors, recreational swimming lessons 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 those involved: the number of complaints about vegetative disorders and psycho-emotional maladjustment decreases, self-assessment of one's health becomes more adequate.

Studies of various problems of improving health and quality of life through swimming are presented in the works of such authors as: Skiryene V.V., Skiryus E.R. (2012); Ganchar A.I.

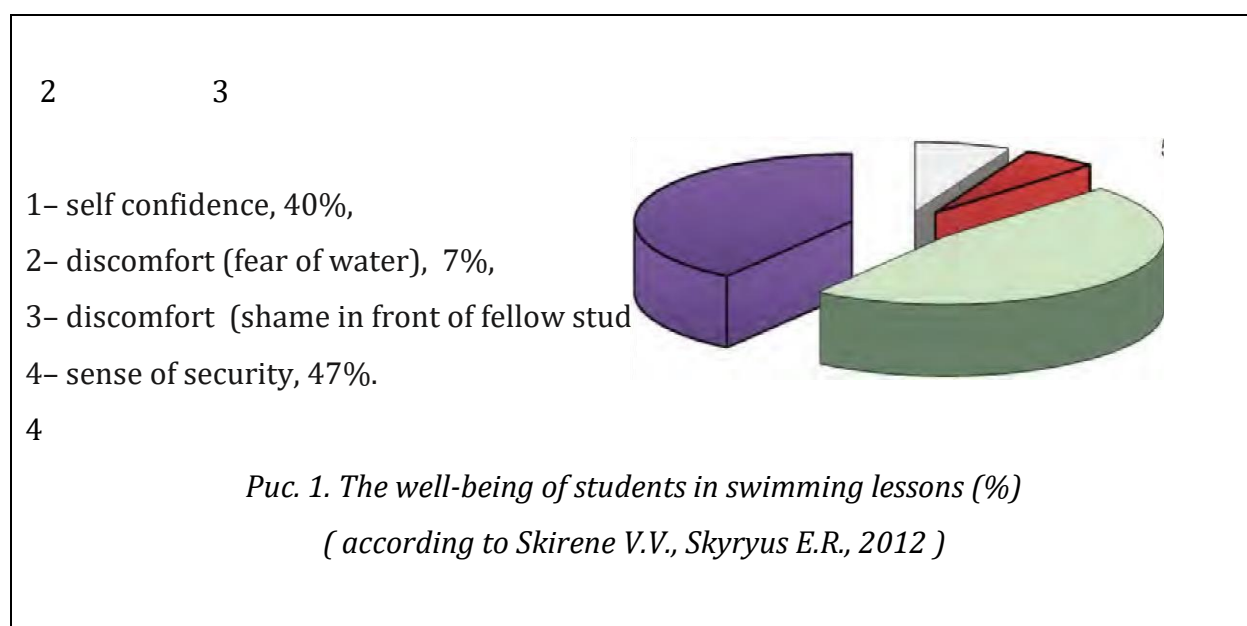
(2012); Balamutova N.M. (2012); Kozina Zh.L., Ermakov S. Bazylyuk T.A., Voloshina E.V. (2012); Kurko Ya.V. Fedchishin O.Ya. (2012); Balamutova N.M., Sidorenko G.M. (2011); Khimich I.Yu. (2009); Drogomeretsky V.V., Kondakov V.L., Gorelov A.A. (20013).The authors showed directions for effective solution of the problems posed and provided practical recommendations for students with different levels of training. At the same time, many authors note a noticeable decrease in the health level of student youth. Such a variety of research areas requires a detailed analysis and their distribution by thematic sections.

Methods. The purpose of the work is to analyze recent studies on the problems of swimming lessons among students in the context of improving their health level. As materials for the analysis, specialized journals were used, which are focused on reflecting research on students' health problems.

Swimming lessons and their effectiveness largely depend on the correct organization of the educational process, appropriate technical and staffing. In this aspect, we can highlight the recommendations of Ganchar A.I. The author 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, health-improving, hygienic, therapeutic and sports-pedagogical influences of swimming facilities on people of different ages, taking into account their anatomical, morphological, functional and gender differences.

The author focuses on the level and degree of formation of swimming skills and considers it necessary to adjust the state tests and physical education programs for different groups of the population. At the same time, this approach made it possible to establish the dominant aspects of the formation of swimming skills for different age groups. In addition, the author highlights the negative phenomena of an organizational nature, which does not allow a person to timely and reliably form the vital skills of safe movement on water. The study of the dynamics of the level of heart rate indicators in combination with a survey showed that recreational swimming lessons have a positive effect on the objective and subjective health of students. It was found that the indicators of the cardiovascular system normalize, self-assessment of their health and well-being becomes more adequate, and the number of complaints among students decreases. Students with different levels of objective health have 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 a satisfactory adaptation, 22% assess their health as low.

Results and Discussion. An important factor in teaching students to swim is proper breathing. The solution to this problem is proposed in the work of Skirene V.V., Skiryus E.R. In the following table, this case necessarily takes into account the well-being of students.



The authors propose to conduct accented 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 methodology used by the authors is effective and allows for a fairly short period of time to achieve tangible results in teaching adults to swim. It is known that swimming is recommended by many experts as a means of rehabilitation for various spinal deformities. In this aspect, it is possible to single out the studies of Balamutova N.M. The author recommends his program of hydroaerobics and dosed swimming[2,3,4,5,9,11].

The results of the experiment confirmed the effectiveness of the chosen training methodology, which resulted in:

- improved correction of the imbalance in the tone of the vertebral muscles;
 - maintaining a high level of dynamic and static endurance of the muscles that form the corset;
 - improvement of the functional state of the cardiovascular and respiratory systems;
- achievement of a hardening effect, expressed in an increase in the level of resistance of the organism involved in respiratory diseases. In addition, in other studies, the author suggests another method. This set of exercises contributes to the formation of a symmetrical muscular corset, the restoration of correct posture, which allows you to keep the spine in the 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 overall adaptive potential of students.

A good addition to various sets of exercises on the water can be technical training aids. In this regard, it is possible to single out the research of a team of authors - the technique of aquafitness, directions with the use of technical devices in the physical education of female students. The authors have developed a special basketball backboard, which is attached directly to the side of the pool or water polo gates. Using a backboard allows you to throw the ball from different distances with different throwing force. It has been established that in such classes there is an optimization of the functional state and physical fitness of female students. Analysis of the role and importance of the discipline "Physical Education" and its section "Swimming" allowed the author to identify 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 health-improving types of swimming, the selection of methods and means, taking into account their individual capabilities.

Among the little-studied aspects of this problem are: the interaction of indicators of physical health and physical fitness of students, the normative assessment of their physical fitness and the assessment of the expediency (and even necessity) of including swimming lessons in the educational process of physical education. The research conducted by the author showed the positive effect of swimming on the physical fitness of students. The author notes 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 of using recreational swimming aims to correct negative manifestations. To correct violations, several swimming methods are offered.

Dosing of the load is proposed to be carried out by the length of the swim segment, intensity, swimming method, the number of exhalations into the water between segments, alternating with exercises on the spot, and the duration of the lesson.

Useful for planning swimming lessons with students can be research on the problems of training athletes. Considering the issues of the modern approach to improving the technique of high-speed turns in front crawl swimming Savchenko N.I. and Novitsky V.Ya. It is recommended to improve the technical level of performing high-speed turns, as well as focus on the precise execution of all elements of the turn.

In his study of Kachurovsky D.O. shows the directions for the formation of a vital swimming skill among citizens and offers options for solving the problem of teaching swimming to the rural population, as well as increasing the number of people involved in swimming. The author examines the traditions of family holidays in swimming complexes. It also highlights

ways to improve the level of physical fitness of students, workers and military personnel. 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. [1,3,6,7,8,10,12,]

Conclusions. Thus, swimming lessons are indicated for various deviations in the state of health for students of special medical groups. In addition to the above recommendations, the following can be added: 1. When mastering the skill of breathing in an unusual environment for initial swimming training, it is recommended to devote up to 40% of the time to breathing exercises. 2. Early multi-level swimming programs are recommended for all children to help them overcome their fear of water, improve pool performance and improve swimming performance. This will eventually increase the percentage of adults who can swim. 3. It is necessary to create a favorable environment for the classes of students with mild and severe disabilities. To do this, it is necessary to adapt swimming programs.

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