

1. Petrov P.K. Informacionnye tehnologii v fizicheskoy kulture i sporte [Information technology in physical education and sports]. – Moscow, Publishing center Academiya, 2008. – 288 p.
2. Samsonova A.V. Ispolzovanie informacionnyh tehnologiy v fizicheskoy kulture i sporte [The use of information technologies in physical education and sports], Teoriya i praktika fizicheskoy kulture [Journal "Theory and practice of physical education"], 1999. – No. 9. – P. 22–26.

## **DYNAMICS OF THE LEVEL OF SWIMMING TRAINING OF STUDENTS OF THE FACULTY OF PHYSICAL CULTURE AND SPORTS**

**Svetlana Peredrienko**

VSU named after P.M. Masherov, Vitebsk, Belarus

Passing training in institutions of higher education (HEI), students of faculties whose future specialty is related to physical education and sports receive professional and pedagogical knowledge in basic sports, one of which is swimming. In accordance with the curriculum, young specialists should possess not only theoretical knowledge and teaching methods of this discipline, but also successfully master practical skills and master the technique of various sports swimming methods. Swimming is a vital skill, knowledge and practical skills acquired during periods of training will be used throughout life as a means of improving performance, improving health, and taking active rest. Therefore, the study and development of this discipline at a high level is relevant.

The purpose of this study is to compare the level of swimming training, students of the Faculty of Physical Culture and Sports who entered the university in different years. In the conditions of a two-stage exam, the implementation of practical standards for a high mark allows students to create a “good base” before the theoretical exam and get a high final mark in the student's record-book.

**Material and methods.** Studies were conducted over five years in two courses, enrolled in training in 2013 - the first group (1 - GR.) and received in 2017 - the second group (2 - GR.), on the basis of the educational institution Vitebsk State University named after P. M. Masherov. The study involved 87 young men and 26 girls, students of the faculty of physical education and sports, full-time education. The following methods were used in the work: pedagogical experiment, expert assessment method, pedagogical observation, methods of statistical processing of research results and their discussion.

**Findings and their discussion.** An expert commission of three people was created to evaluate the technology. The technique of passing control distances was evaluated: 50 meters using the "back crawl" method and 50 meters using the "crawl on the chest" method. Evaluation was given for the correct execution of

the start, turn and mastery of the technique of the sports method when passing straight sections. The data obtained were summarized, and the average score was set. Control tests were carried out at the seventeenth class, during which time students studied the technique of two swimming methods “front crawl” and “back crawl”, the technique of starts, and the technique of turns in these types of sports swimming [1]. As a result of the evaluation studies and statistical processing of the results, we received the following data: among the girls of 1 - GR. (12 people) when swimming "back crawl" the average score is 7.2, and 2 - GR. (14 people) average score - 7.7. When swimming "front crawl" the average score of students of the 1-GR. is 6.8, while the girls of 2 - GR. have the average score of 5.1. The data obtained during the study among young men are presented as follows: 1 - GR. (45 people) when swimming "back crawl" showed an average score of 7.0, 2 - GR. (42 people) average score - 6.7. When swimming "front crawl" boys of 1-GR. have the average score is 7.1 and boys of 2 - GR. have the average score was 5.8.

**Conclusion.** Summing up and based on the results of statistical processing of the obtained data, comparison of marks for swimming technique, we can say with confidence that the level of swimming training in the “back crawl” method hasn't changed for both girls and boys ( $p > 0/05$ ), reliable no connection was found. Whereas, marks of the technique of the “breast crawl” method revealed a decrease in the level of swimming training for both girls and boys, the data were obtained at a reliable statistical level ( $p < 0/05$ ).

The results of the experiment confirmed the need to take into account not only the individual physiological characteristics of students in teaching sports swimming methods, but also the initial level of swimming training should be taken into account. Since 2019 entrance examinations to the Faculty of Physical Culture and Sports in the discipline of swimming are canceled [2].

1. Peredrienko S.V. The evaluation of turning techniques in sports swimming considering physiological characteristics of the students / S.V Peredrienko // materials of the conference Vitebsk, VSU named after P.M. Masherov. 12 december 2018. – P. 296–297.
2. Peredrienko S.V., Training technique of the sport swimming with regard to individual characteristics of physical development and preparedness of students.
3. Peredrienko S.V. Materials XIX (66) Regional science – practice conference for teachers, science worker and graduate students «Science – degree, production, economy» (13–14 march 2014, Vitebsk). – Vitebsk: VSU named after P.M. Masherov, 2014. – T.2. – P. 188–190.