

В своей работе Мелешкова Н.А. пишет о том, что формирование физической культуры личности на современном этапе развития общества – это целенаправленный, многогранный и в то же время целостный процесс перехода от преимущественно физической подготовки к реализации индивидуальных здоровьесберегающих программ, физического самосовершенствования личности, изменению уровня развития психофизических качеств и свойств.

Литература

1. Анализ динамики заболеваемости и состояния здоровья студентов Курского государственного университета / Яцун С.М. [и др.] // Научный результат. Медицина и фармация. 2017. Т. 3, № 3. С. 57-64.
2. Проблемы физического воспитания студентов в системе высшего профессионального образования. / С. А. Марчук. - Электронный архив РГППУ
3. Приказ Минобрнауки РФ N 2715, Минздрава РФ N 227, Госкомспорта РФ N 166, Российской академии образования N 19 от 16.07.2002
4. Adventure Education for Physical Education [Электронный ресурс] Режим доступа: <http://www.opawinningteams.com>
5. Захаров, П.Я. История физической культуры и спорта: учебно-методический комплекс. - Горно-Алтайск: РИО ГАГУ, 2009. - 151 с.

UDC 797.215:797.212-057.87

APPLICATION OF DIFFERENT METHODS DIVING IN LENGTH IN PREPARATION FOR CREDIT STANDARDS

S.V. Peredrienko

Vitebsk State University name after P.M. Masherov, Republic of Belarus

E-mail: sveta.peredrienko@yandex.by

Annotation. The article discusses the process of teaching the technique of movement under water, when diving in length. The tasks of finding the most effective ways of transportation are being solved. Variants of a combination of various movements are considered, which allow to swim a greater distance under water in a minimum time. This skill will allow you to successfully pass the control standards for discipline and provide an opportunity to quickly provide assistance in critical situations on the water.

Keywords: students; diving training; movement under water; travel speed; assessment of techniques.

The introduction to the educational process of the P.M. Masherov VSU of the two-stage examination in practical disciplines includes an assessment for fulfilling the standards for the practical section and an assessment for the theoretical section (oral exam). In turn, the practical section consists of two sections: the study of techniques and methods of teaching sports and applied swimming. It should be noted that the issue of admission of credit requirements for applied swimming is practically not considered at the proper level, although many skills and abilities in this section have a fairly large applied value in everyday life. Successful mastery of the technique of diving in applied swimming is an important element in demand when rescuing people on the water. Allows you to quickly get to the bottom of the reservoir, pick up a drowned object or an injured person. A high speed when moving will allow you to move under water for a greater distance and stay under water for less time without air. The program of the Ministry of Education of the Republic of Bashkortostan "Swimming and teaching methods" defines the content of the section on applied swimming, which includes: studying and mastering the

technique of transporting victims, the technique of diving in length, the technique of releasing from the "grabs", swimming "on the side", methods of providing first aid to victims on the water. In accordance with the training program, 20 hours of practical training are allocated for the study and mastering of all sections of applied swimming. While the study of types of sports swimming 34 hours.

The relevance of the research topic is determined by the fact that senior students, in accordance with the training program at the Institution of Higher Education (HEI), need to undergo pedagogical practice in summer health camps, where they perform the duties of not only educators, but also leaders of physical education, floating instructors. Many children's health camps are located near natural reservoirs, where the skills and abilities obtained in the study of sections of applied swimming can be demanded in various situations. Young men of the Faculty of Physical Culture and Sports, having attended "Water Rescue Society" courses, receive admission to work in the summer as a "sailor - rescuer" [1]. It is important to note that among the students of the correspondence department, there is a large number of employees in the internal affairs departments, in the structures under the Ministry of Emergency Situations (MES), and in the military. In these professions, the successful possession and application of applied swimming skills is an indispensable part of professional training.

The purpose of the study is to determine the methods of diving underwater, which allow successfully passing the test standards. Also, in a short time to overcome the set distances underwater, to get to the alleged victim, they will help to quickly get out of an emergency. In the conditions of a small number of practical hours for mastering the technique of sports and applied swimming methods, it is necessary to use the time of training sessions more efficiently and effectively. Distributing it in such a way that to master the technique of more effective variants of movements and elements of technique both on water and under water

Material and methods. The research was carried out for two years, on the basis of the Vitebsk State University. P.M Masherov, which were held from 2018 to 2021. They were attended by boys and girls, only 2 courses, day faculties (87 students, including 65 boys and 22 girls), and part-time (60 students, including 42 boys and 18 girls) training and was carried out in two stages. At the first stage (3 practical lessons), the technique of several methods of movement under water was studied at a distance of no more than 6 - 8 meters. The peculiarities of breathing and behavior while being under water were mastered and studied. The second stage of the research involved a pedagogical experiment - acceptance of test standards, in accordance with the curriculum - diving in length: boys - 20 meters, girls - 12.5 meters. With the help of a stopwatch, the time spent underwater and the speed of movement were determined Pupils were asked to independently choose a "convenient" way to travel under water to pass the test.

Results and discussion: the fastest way to move was the combined method "legs - crawl, arms - breaststroke movement to the hips" [2]. The time spent on staying under water was 11.7 seconds for boys, 8.2 seconds for girls, this method was applied in 80% of cases for boys and 72% for girls, it can also be noted that those who I chose this method of movement and passed the test standard on the first try. The second chosen method of movement was also the combined method, but with a different combination of movements "legs - breaststroke, arms - movements with breaststroke up to the hips". The time spent underwater, when using the second type of movement, was longer, and was 14.2 seconds for boys and 10.1 seconds for girls. This method of movement was used in 12% of cases for boys and 10% for girls. It is also important to note that some of those who chose this type of movement took 2-3 attempts to pass the standard. Before diving, it is necessary to make "hyperventilation" of the lungs -3-4 deep inhalation-exhalation. Then inhale, and as quickly as possible push off the side, taking the most streamlined position under water, when moving, exhale it is best in small portions, and not completely the entire volume of air in one exhalation. It is better to coordinate exhalation with the stroking movements of the hands: stroke - a small exhalation.

Conclusion: analyzing the results obtained, it can be assumed that the study and application of the method of movement under water "legs - crawl, arms - breaststroke movements to the hips" is the most effective, it requires less time to overcome the same distance and allows you to pass the test requirements faster. And in case of emergency, reach the victims as quickly as possible. Also, this method is used more often than other methods of movement that can be studied for the purpose of acquaintance, since the application of these methods in practical life is ineffective and is used only in individual cases, mainly by those who are professionally proficient in swimming training and have a category in this sport. Also, a more thorough study of this method of movement under water will allow not only to quickly and easily pass control standards, but also to apply this method in emergency life situations that may arise not only during rest near water bodies, but also during pedagogical practice in health camps.

Successful mastering of the technique of "crawl" movements of the legs can also be useful for a better mastery of the technique of sports swimming methods: "crawl on the back" and "crawl on the chest". Control standards for these types also include practical tests in the discipline "Swimming and teaching methods." Hand movements stroke "breaststroke to the hips" is both an element of the technique of the sports method "breaststroke" and some types of applied swimming and are often used in lightweight swimming methods.

Reference list

1. Peredrienko S.V. The use of lightweight types of swimming in the work of sailors - rescuers "/ S.V. Peredrienko, I.L. Aleksandrovich, // Proceedings of the XXII (70) Regional scientific and practical conference of teachers, researchers and graduate students" Science - education, production, economy ". Vitebsk 15 February, 2018 / VSU named after P.M. Masherova; editorial board: I.M. Prishchepa (chief editor) [and others].- Vitebsk, 2018. T-1.-S.406 - 407.

2. Teaching sports and applied swimming methods: study guide. manual / Vitebsk state academic. Military medicine.- Vitebsk: Vitebsk State Academy of Veterinary Medicine, 2011. – 82 p.

УДК 796.011.3

ИСПОЛЬЗОВАНИЕ СРЕДСТВ ФИТНЕСА В ПРОЦЕССЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ СТУДентОК СПЕЦИАЛЬНОЙ МЕДИЦИНСКОЙ ГРУППЫ

Г.М. Перова*, О.Н. Панкратова**

**Государственный социально-гуманитарный университет,
г. Коломна, Российская Федерация*

***Академия социального управления, г. Москва, Российская Федерация*

E-mail: PerovaGM@mail.ru

Аннотация. В данной статье проанализированы показатели педагогического эксперимента по внедрению в учебный процесс элементов фитнеса для студенток специальной медицинской группы. Исследование показало, что методика проведения физкультурных занятий с применением оздоровительной гимнастики является результативной для девушек данной категории. В конце экспериментального периода диагностирована положительная динамика уровня физической подготовленности студенток, выявлен существенный подъем мотивационной составляющей в освоении физических упражнений.

Ключевые слова: студенты, специальная медицинская группа, физическая подготовленность, учебный процесс.

Вопросы физического воспитания девушек, отнесенных по показаниям медицинского контроля к специальной медицинской группе, в настоящее время остаются