

THEORETICAL JUSTIFICATION FOR SPORTS SELECTING CHILDREN IN SWIMMING

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Educational establishment "Vitebsk State University named after P. M. Masherova for many years has been preparing higher education for students of the 2nd stage in Russian according to the developed curricula.

In the 2020—2021 academic years, there is close cooperation with China on training in magistracy in various specialties. The department of the theory of methods of physical culture and sports medicine of the university actively participated in this process.

Material and methods. Current situation and analysis of scientific selection of foreign swimmers:

The United States: the United States is the world's largest swimming power, and has won many Olympic Swimming Championships.

Every year, the top American swimmers occupy a large part of the world. At present, the United States also implements such regulations, the players of the first national team must be the top 8 players in the world, and the players of the second national team must be 16. One of the main reasons for the large number of swimmers in the United States is its abundant talent reserve and its selection and training since childhood

Australia: the world's largest swimmer after the United States. Swimming is a traditional sport in Australia. At the Sydney and Athens Olympic Games, Australia has won gold and silver medals in swimming, and has strong strength. Australian Swimming industry attaches great importance to technical training. In the 1990s, famous swimming coaches from all over the world were invited to select and train athletes

Japan: it is a powerful swimming country in Asia. For many years, it has been competing fiercely with China in swimming events. In recent years, it has made rapid progress, occupying the leading position of the second swimming group in the world. There have emerged such world famous generals as yasuke Kitajima and KEISHI Yamamoto. Summing up their successful experience, they pay great attention to the research on technology and training to make up for their own shortcomings in some aspects.

Selection and development of swimmers *in China:*

In the 1950s, it was an enlightenment stage. The selection of swimming talents basically depended on the experience of coaches, according to the performance of athletes in the competition. In training and competition, coaches often observe whether an athlete is hard working and whether his performance is outstanding to judge the potential of an athlete.

European countries to study the scientific selection of swimmers in China. Since the early 1980s, China has learned from the successful experience of Eastern efforts and research, the national swimming training program came out, which organically combines the selection of swimming talents with the training of talents, providing a scientific basis for the selection of swimming talents and the cultivation of reserve talents. During this period, China's swimming has achieved the goal of breaking out of Asia and going to the world.

Since the mid and late 1990s, swimming talent selection has been widely carried out in various grass-roots swimming teams in China, but the relevant theoretical research and experience summary are still less. Relatively speaking, the previous selection theory is also backward. Some coaches advocate the selection of body shape and functional quality, and some coaches also put forward some views on the selection standards formulated in the past.

Selection objects and requirements:

First of all, the skeleton of the human body is the softest at the age of 5, and it should not be more than 8 at the latest.

Therefore, in terms of age, it is better to start from the top class of the kindergarten. *The younger the age the stronger the plasticity.*

Therefore, in order to find children with congenital advantages, you can choose to go to the kindergarten for enrollment activities. Of course, you still need to select those who have no congenital heart disease, infectious diseases and good physical quality [2—4]

On the basis of the research of athletes on the basis of the Vitebsk Regional Sports Medicine Dispensary at the stage of preliminary sports training, attempts were made to develop criteria for the selection of young swimmers after the initial and repeated examination of children aged 7—9 years.

As our research has confirmed, for the first stage of the long - term selection of swimmers, it seems to be a significant addition to measure slightly the development of general endurance, its wide use for this purpose in younger age groups, due to the uniformity of movements, does not allow solving the problem of acquiring versatile motor skills, which are necessary in the future [4].

The selection of capable and gifted children in sports practice is based on morphological and functional prerequisites, which are not informative enough even at the stage of initial sports training and require a more detailed study of functional tests and dynamic observation by electrocardiographic and ultrasound methods from primary examinations.

When carrying out sports selection, it is necessary to ensure the complexity of the assessment of prospects using morphological, functional, socio-psychological and other criteria.

At the same time, at the first and second stages of long-term sports selection, the main role is played by genetically determined characters, characterized by small variability under the influence of training.

Generally, swimmers have strong requirements for height, but children can't judge their adult height in early childhood. Therefore, parents' genetic genes can be used as a reference.

In addition to the requirements of height and body shape, athletes' interest in swimming, water quality and water sense are also very important. After a period of training, the children initially selected can be selected for the second time.

Chen Yunpeng, the former head coach of the national team, talked about the theory and method of modern world swimming training in 1990. The most important indexes of selection are water sense and water quality.

He thinks, that water sense consists of three parts: streamline resistance, face-to-face cross-sectional area (buoyancy) and handle [6]

It can let children do a lot of action imitation and underwater training to observe whether their underwater movements are flexible and coordinated.

Selection of quality and intelligence:

There are significant differences in the distance, rhythm and accuracy of thinking between elite swimmers. Swimming training is also a high-intensity training process. Therefore, in the process of selection and training of swimmers, it is very important to cultivate their intelligence, willpower and perseverance.

CONCLUSION

The development of swimming material selection is closely related to the development of science and technology. Through scientific selection and systematic training, 80 % can reach a higher level.

Of course, for children, the selection and training of swimming is very beneficial. It can not only exercise, but also master a water sports skill. It is also of great significance to children's comprehensive physical quality and willpower [7]

LIST OF USED LITERATURE

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ПРОБЛЕМЫ ОТБОРА В СИСТЕМЕ СПЕЦИАЛЬНОГО ФИЗКУЛЬТУРНОГО ОБРАЗОВАНИЯ

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Оптимизация образования России проходит в условиях продолжающихся социально-экономических преобразований в обществе в связи со сменой социальных, морально-нравственных и, как следствие, образовательных ориентиров. Развитие отечественной системы непрерывного образования характеризуется повышением внимания к внутреннему потенциалу человека, созданием образовательной среды, способствующей профессионально-творческому саморазвитию личности. Информа-