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**ANALYSES OF TECHNICAL PREPAREDNESS OF STUDENTS
OF NKSU NAMED AFTER M.KOZYBAYEV IN SWIMMING**

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Abstract

Swimming is the most effective means of healing and one of the most popular sports among students. Its comprehensive effect on the functional systems of the body is proved. Systematic swimming classes contribute to improving health, swimming is an effective way to deal with colds, it increases students' working capacity. Even staying in water and doing the simplest exercises is an irritant that stimulates the activation of physiological processes of the whole organism and develops adaptive reactions. Analyzing swimming classes, it should be noted that there is a great interest of the second year students in the discipline «Physical Culture» and in swimming. Students became more disciplined, attendance and motivation were improved. The article presents the results of study of the students' swimming preparedness on specialties «Pedagogy and methodic of elementary education» and «Preschool education and upbringing» in the NKSU named after M. Kozybayev. Analyses of the students' swimming preparedness were conducted during «Physical Culture» classes. Independent experts took part in the assessment.

Key words: swimmer, physical development, students, university, preparedness, educational process, rhythmic breathing, swimmer's step, testing, research, experimental group, swimming styles.

**М. ҚОЗЫБАЕВ АТЫНДАҒЫ СҚМУ СТУДЕНТТЕРІНІҢ ЖҮЗУДЕН
ТЕХНИКАЛЫҚ ДАЙЫНДЫҒЫНЫҢ АНАЛИЗИ**

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Аңдатпа

Жүзу - сауықтырудың ең тиімді құралы және студент жастардың арасында ең танымал спорт түрлерінің бірі болып табылады. Оның ағзаның функционалды жүйесіне жан-жақты әсері дәлелденген. Жүйелі түрде жүзумен айналысу денсаулықты нығайтуға әсер етеді, суық тию ауруларымен күресудің керемет құралы болып табылады, студенттердің жұмысқа қабілеттілігін жоғарлатады. Тіпті суда болудың өзі, оның ішінде ең болмағанда қарапайым жаттығуларды орындау бүкіл ағзаның физиологиялық үдерістерін жандандыруды ынталандыратын, оның бейімделу реакцияларын дамытатын тітіркендіргіш болып табылады. Мақалада «Бастауышта оқыту педагогикасы мен әдістемесі», «Мектепке дейінгі оқыту және тәрбиелеу» мамандығы студенттерінің жүзу дайындығын зерттеу нәтижелері берілген. М. Қозыбаев атындағы СҚМУ студенттерінің техникалық дайындығының анализі «Дене шынықтыру» пәні бойынша сабақтарда өтті. Бағалауға тәуелсіз сарапшылар қатысты.

Түйінді сөздер: жүзуші, дене дамуы, студенттер, жоо, қозғалыс дайындығы, білім беру үдерісі, ырғақты тыныс алу, жүзушінің қадамы, тестілеу, зерттеу, эксперименттік топ, жүзу тәсілдері.

**АНАЛИЗ ТЕХНИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ СТУДЕНТОВ
СҚГУ ИМ. М. КОЗЫБАЕВА ПО ПЛАВАНИЮ**

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Аннотация

Плавание, является наиболее эффективным средством оздоровления и одним из наиболее популярных видов спорта среди студенческой молодежи. Доказано его всестороннее воздействие на функциональные системы организма. Систематические занятия плаванием способствуют укреплению здоровья, являются отличным средством борьбы с простудными заболеваниями, повышают работоспособность студентов. Даже само пребывание в воде, а тем более выполнение в ней хотя бы самых простых упражнений является раздражителем, стимулирующим активизацию физиологических процессов всего организма, развитие его приспособительных реакций. В статье представлены результаты изучения плавательной подготовленности студентов специальностей: «Педагогика и методика начального обучения» «Дошкольное обучение и воспитание» СҚГУ им. М. Козыбаева. Анализ технической подготовленности студентов проходил на занятиях по дисциплине «Физическая культура». В оценивании участвовали независимые эксперты.

Ключевые слова: пловец, физическое развитие, студенты, вуз, двигательная подготовленность, образовательный процесс, ритмичное дыхание, шаг пловца, тестирование, исследование, экспериментальная группа, способы плавания.

Introduction

At the present stage of the development of the higher education system, there is a rapid increase in the volume of scientific knowledge, which leads to the compaction and complication of educational programs. Against this background, there is a public need not only for highly skilled but physically trained and healthy specialists. In these conditions, one of the main tasks is the formation of a harmoniously developed and competitive personality, where the process of physical education of student youth plays an important role. The education at the university is characterized by significant emotional and intellectual tension of the main mental functions, hypokinesia, the presence of stress situations. During the entire period of study, students have a low level of physical development, motor and functional preparation. The system of professional higher education continuously and constantly replenishes the society with specialists of the highest qualification, which make up its intellectual, political and personnel resource. The modern labor market presents the tasks of higher education not only for professionals of high quality, but also for specialists with a high degree of personal maturity, oriented to humanistic values in solving any problems of professional, social or life plan.

The educational process in the university assumes the formation of a general and professional culture, including the physical culture of the individual. The subject «Physical Culture» at the university has a direct impact on human health, is oriented on the formation of its physical culture competencies in the process of specially organized motor activity. Swimming is a unique type of motor activity, has a high wellness, sports and applied (professional-applied) value. It is given an important place in the educational programs of universities on the discipline «Physical Culture». The purpose of the study is to determine the initial level of swimming skills' formation of the pedagogical faculty students of M. Kozybayev NKSU.

Research methods

We evaluated students' swimming skills according to several criteria: mastery of sports swimming methods (crawl on the chest (50m (s)), crawl on the back (50m (s)), breaststroke (50m (s)) and applied swimming methods (swimming on the side, transportation of the injured (10 m)); technical skills. The assessment was carried out in accordance with the control standards for assessing the physical fitness of students of the main as well as of the sports department (in swimming pool).

The main indicator of technical skills is the effectiveness of the swimmer's technique. For its assessment, a visual comparison of the swimmer's technique with the requirements of the rational technique of sports swimming methods is used by the teacher-coach. A swimmer re-swims the short sections, and the coach assesses the quality of the performance of individual elements of the technique (body position, leg movements, arm movements and breathing, general coordination of movements).

The final assessment of technical skills was set on a five-point scale, according to the following criteria (L.P. Makarenko):

5 points - the swimmer correctly performs all the elements of the technique (body position in the water is streamlined and balanced; arm strokes are effective, advancement from the strokes is excellent; legs perform movements correctly and help with arm movements; rhythmic breathing, inhalation is performed on time; overall movements can be described as laid-back, free);

4 points - the swimmer has small errors in performing certain elements of movements or in coordinating them with good progress, lack of tension and stiffness;

3 points - the swimmer has significant errors in the performance of individual elements of the technique or in their coordination; advancement by means of strokes is medium in size; excessive muscle tension is noticeable;

2 points - the swimmer performs certain elements of the technique with gross errors; constrained movements, progression ineffective;

1 point - the swimmer does not swim to the end of the control segment or violates the swimming rules governing swimming in this way.

To assess technical skills, the so-called relative swimmer step can be used. This is a calculated indicator equal to the ratio of the actual step length of the student-swimmer during swimming (the quotient of dividing the length of the swim segment by the number of strokes) to its geometric step (arm length times 4 in the crawl and 2 in the breaststroke and dolphin). The higher the relative step of the swimmer, the higher the efficiency of his technique.

Assessment of students' technical skills took place directly in physical education classes, independent experts took part in the assessment: swimming coaches, masters of sports in swimming - A. Triseev, D. Gopotchenko and D. Zagrutdinov.

Testing was conducted at the beginning of the first semester (September 2018).

The study was attended by first-year students of specialties «Pedagogy and methods of elementary education», «Preschool education and upbringing» of M. Kozybayev NKSU, Petropavlovsk, North Kazakhstan region in the amount of 60 people (control and experimental groups, each group has 30 people).

Research results

The results of testing students' sports skills in swimming are presented in Table 1. The data obtained indicate that most students have sports swimming methods in the rating of «satisfactory» (33% - 47%) and «good» (33% - 47%).

As a result of testing the mastery of applied swimming methods (transporting the injured on the water) (Table 2), it was revealed that only 50% of the students coped with the task.

The results of testing the students' technical skills of sports swimming methods (Table 3) showed approximately the same level. For most students (40% - 47%), the level of technical preparedness corresponds to the assessment of «satisfactory».

Table 1 The results of testing the possession of sports swimming methods (crawl on the chest, crawl on the back, breaststroke) of students in the control and experimental groups (in points)

Standards, in sec.	Evaluation							
	less than 50 p – «2»		51 – 74 p – «3»		75 – 89 p – «4»		90 - 100 p – «5»	
	EG	KG	EG	KG	EG	KG	EG	KG
50 m crawl on the chest	1 stud. – 7%	0	6 stud. – 40%	7 stud. – 47%	6 stud. – 40%	6 stud. – 40%	2 stud. – 13%	2 stud. – 13%
50 m crawl on the back	1 stud. – 7%	1stud. – 7%	6 stud. – 40%	6 stud. – 40%	5 stud. – 33%	6 stud. – 40%	3 stud. – 20%	2 stud. – 13%
50 m breaststroke	1 stud. – 7%	1stud. – 7%	5 stud. – 33%	5 stud. – 33%	6 stud. – 40%	7 stud. – 47%	3 stud. – 20%	2 stud. – 13%

Table 2 Testing results of students' mastery of applied swimming methods
(transportation of the injured)

Standards, 10 m	Points											
	100	95	90	85	80	75	70	65	60	55	50	Less than 50
Experimental group (number of stud.)	0	0	1	2	1	2	4	2	1	1	0	1
Control group (number of stud.)	0	0	1	2	2	1	4	2	1	0	0	2

Table 3 The results of the research of students' technical skills of sports swimming methods

Groups	Effectiveness of the swimmer's technique in points					Relative step of swimmer
	1 point	2 points	3 points	4 points	5 points	Number and % of students with high efficiency of swimming technique
EG	1 stud. – 7%	4 stud. – 26%	6 stud. – 40%	3 stud. – 20%	1stud. – 7%	3 stud. – 20%
KG	1stud. – 7%	3 stud. – 20%	7 stud. – 47%	2 stud. – 13%	2 stud. – 13%	2 stud. – 13%

Conclusion

Thus, we see that the results of testing the swimming and technical skills of students in both groups are approximately the same and are at an average and low level, which allows us to proceed to its development and implementation in the educational process of the pedagogical model of teaching swimming pedagogical faculty students of M. Kozybayev NKSU.

Analyzing swimming lessons, it should be noted that there is a great interest in students in physical education and in swimming. Students improved attendance, they became more disciplined and many students have developed motivation to attend physical education classes.

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