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ORGANIZATION OF SWIMMING TEACHING FOR STUDENTS USING CLOUD TECHNOLOGIES DURING DISTANCE LEARNING

Due to the spread of the Covid virus on March 19, all countries began to introduce quarantine measures, which led to the closure of all educational institutions indefinitely. They were forced to move to a distance learning process in a short time. The readiness for this process was different, there were purely technical problems - the lack of the Internet, computers, educational materials on the network.

Analysis of swimming programs used in higher education institutions shows that classes are usually built according to the traditional method with the parallel development of two similar in structure methods of rabbit on the chest and rabbit on the back. At the same time, the peculiarities of sex and age, interests, motives and needs of students, as well as individual features and tendencies to master a certain type of motor activity are not sufficiently taken into account. The organization of swimming lessons with young students in the mode of training, taking into account the above features, can significantly affect the formation of their need for a healthy lifestyle, health and prevent further deterioration. And most importantly, the unwillingness of teachers to distance learning.

The specific features of swimming are associated with physical activity in the aquatic environment. In this case, the human body is exposed to a double effect: on the one hand, it is influenced by physical exercises, on the other hand, by the aquatic environment.

Key words: *students, health, swimming, innovative technologies.*

Хіміч І. Ю., Парахонько В. М. Організація викладання плавання для студентів з використанням хмарних технологій під час дистанційного навчання. *В статті розкрито особливості використання інноваційних технологій на заняттях з плавання студентів закладів вищої освіти. Виявлено, що освоєння великої кількості плавальних рухів одночасно всіма способами плавання спочатку полегшених, потім спортивних і елементів прикладного плавання дозволяє вже на початковому етапі вибрати спочатку найлегший спосіб і поступово переходити до складного. Завдяки цьому скорочується тривалість усього періоду освоєння техніки плавання. Встановлено, що використання інноваційних технологій при навчанні плаванню студентів сприяє формуванню у них потреби в здоровому способі життя, підвищенню рівня їхньої підготовленості і функціональних можливостей організму.*

Ключові слова: *студенти, здоров'я, плавання, фізична підготовленість, інноваційні технології.*

Formulation of the problem. Currently, one of the main formations of youth policy in the country is the formation of students' responsibility for their health and the need for a healthy lifestyle. Students are the main personnel reserve of our country. Therefore, one of the main tasks of higher education institutions is to train physically healthy professionals capable of an active life position.

Due to the spread of the Covid virus on March 19, all countries began to introduce quarantine measures, which led to the closure of all educational institutions indefinitely. They were forced to move to a distance learning process in a short time. The readiness for this process was different, there were purely technical problems - the lack of the Internet, computers, educational materials on the network. And most importantly, the unwillingness of teachers to distance learning. The IT industry was the first to respond to the needs of teachers and students: the capacity of channels was increased, and a large number of services and tools for learning appeared. ZOOM software has become very popular for video conferencing, a large number of blogs with recommendations on training have been published on social networks, and distance learning courses on training resources and training have been conducted. After the weakening of quarantine in the world, it became clear that humanity has entered a new stage of development, where distance learning will play a major role. Therefore, it is important to analyze the results of distance learning and identify priority ways to develop online education [3].

Analysis of swimming programs used in higher education institutions shows that classes are usually built according to traditional methods with the parallel development of two similar in structure methods of rabbit on the chest and rabbit on the back. At the same time, the peculiarities of gender and age, interests, motives and needs of students, as well as individual characteristics and tendencies to master a certain type of motor activity are not sufficiently taken into account. The organization of swimming lessons with young students in the mode of training, taking into account the above features, can significantly affect the formation of their need for a healthy lifestyle, health and prevent further deterioration [5,6].

Thus, there is a need to find new, more effective forms of targeted approach to prevention and health promotion of student youth in higher education institutions by swimming.

Analysis of literature sources. Given the low level of motivation of students to exercise, increase morbidity and change the status of physical education in higher education, there is a need to strengthen swimming lessons based on the use of

modern innovative technologies [5]. According to foreign and domestic scientists, exercise in water improves the body's cardiorespiratory system, speeds up metabolism, is characterized by high energy power of physical activity, unloads the musculoskeletal system, hardens and enhances immunity (Debbie Lawrence) [7]. According to V. Volkov, swimming provides students with the formation of vital motor skills, the ability to use different styles of swimming, submarine and preparatory exercises, additional technical means for the development of psychophysical qualities [3]. Scientists have proved [4] that sedentary lifestyle prevails in modern youth, and as a result, there is such a phenomenon as hypodynamia, static overstrain of the musculoskeletal system with simultaneous relaxation of abdominal muscles, leading to various spinal deformities, decreased respiratory function and blood circulation, slowing down metabolic processes in the body. At the same time, the student needs a high level of mental capacity, withstand the effects of strong psychological stimuli, be able to concentrate and quickly switch attention, maintain optimal emotional tone during the day. Thus, the issue of introducing innovative technologies in swimming lessons to improve motivation, increase motor activity, psycho-emotional state of students of higher education is relevant.

Presentation of the main material of the study. Given the rapid development of scientific and technological progress and deteriorating health of student youth, as well as reducing the level of motivation for physical education, the main task of our study is to study the impact of innovative methodological approaches to teaching swimming on general and special physical fitness, functional indicators : heart rate, vital capacity of the lungs.

In order to study the state of health of student youth and their physical culture and sports priorities, we conducted a survey. 83.5% of young people consider swimming to be the most healthy sport, 9.1% - running and 7.4% - skiing. It was found that 57.2% of respondents belong to the main medical group, 14.6% - to the preparatory and 28.2% - to the special medical group rupees [1].

Immediately before the start of classes in the pool with students was an introductory lecture, which focused on the impact of swimming on the human body, determined its health value, on different ways of swimming, including applied, rules of conduct in the pool.

The teaching of swimming used a simultaneous technique, which involved the simultaneous development of all methods of swimming, first with the elements, starting with hand movements, then mastering swimming in various easy ways, and then - all sports in full coordination. The large number of swimming movements used in the initial period of training allows everyone to choose the most convenient way of swimming. This approach can significantly reduce the time of learning the experience of swimming, even for students with disabilities.

Along with general developmental and special exercises, memorized with students first on land and then in water, used in classes a large number of breathing exercises, including after swimming different segments [7, 8]. This avoids overload, fatigue, and contributes to the effective restoration of functional systems of the body. Students also learned the elements of applied swimming: side swimming, breaststroke, diving in length and depth, assistance to drowning, transportation of "tired" on the water and various objects, the use of improvised and aids, the basics of proper behavior in the water in the event of various extreme and difficult situations.

During all classes, students' heart rate was measured before class, after the preparatory part, in the main part, after the end of the class and in the recovery period after class.

At the present stage, innovation is one of the most productive ways to improve the process of physical education, as it allows for the use of various tools and methods of physical training of students. It is worth noting that the problem of improving the process of physical education is due to many factors, and, unfortunately, one of the main is the deterioration of the health of students. Therefore, the introduction of innovative technologies in the system of physical education, in particular, swimming is quite relevant. Because swimming is a unique sport, useful for both adults and children. Swimming can not only improve health, but also improve the appearance. It has a positive effect on the main indicators of human physical development: height, weight, strengthening the cardiovascular and nervous systems, the development of the respiratory system and muscular system. Swimming is also an excellent means of prevention and correction of posture disorders, scoliosis, flat feet.

In addition, psychologists have found that swimming develops personality traits such as purposefulness, perseverance, independence, determination, courage, discipline, ability to cooperate in a team. That is why swimming has a positive effect not only on physical development, but also on the formation of his personality. Swimming is a compulsory subject of the university curriculum for physical education teachers. Therefore, the successful development of the program requires the search for new rational ways of working, taking into account the characteristics of the contingent. One of them is a differentiated approach to students. An important prerequisite for the effective application of such an approach is, first of all, the choice of criteria by which it is possible to most optimally distribute those who study in such typological groups [2].

The analysis of scientific and practical literature allowed to identify the following criteria for individualization of students: age, health, level of physical development of swimming and physical fitness. Along with the traditional criteria, there is a need to take into account the current ecological and geographical situation. It is known that the basic training for swimming students is carried out in natural bodies of water. However, bathing in open water is not recommended in areas affected by radioactive contamination, and the level of swimming preparedness of students from these areas differs sharply from the level of preparedness of their peers from radiation-safe areas. A significant number of studies indicate significant differences in the level of physical development, physical and swimming fitness of people from different ecological zones. This requires the development of new methodological approaches during the swimming course within the state program of the pedagogical university and a differentiated approach to students, taking into account the ecological zones of residence. On the basis of theoretical analysis and generalization of literature sources and pedagogical experience of working with students, a working hypothesis is put forward: development of methodological approaches to mastering the course of swimming taking into account the level of physical and functional readiness of students living in different ecological and geographical conditions students' preparedness.

Swimming is a unique form of physical exercise and belongs to the most popular sports, both in our country and abroad. The specific features of swimming are associated with physical activity in the aquatic environment. In this case, the human body is exposed to a double effect: on the one hand, it is influenced by physical exercises, on the other hand, by the aquatic environment. In addition, when swimming, the human body is in a horizontal position. It should be said that swimming lessons, due to the impact on the body of both motor activity and the aquatic environment, lead to physiological changes in almost all organs and systems of a person. One of the most effective means of strengthening human health and physical development is swimming, from the first months of life to old age [4]. In the process of working on the article, there was used literature exclusively intended for coaches, teachers, physical education instructors. Highlights development issues mass swimming, tells about the experience of teaching children to swim. The sources consider the specific provisions of the methodology for the development of various qualities and physical abilities of students, the issues of building various structures of the training process, about the modern training methodology under training load conditions.

Conclusions. Thus, the use of innovative technologies in teaching swimming to students in the system of physical education during distance learning helps not only to increase the functional capabilities of the body, but also to increase the level of physical fitness. All students who do not know how to swim, have mastered swimming in different ways: lightweight, sports, elements of applied swimming. At the same time, all students coped with the proposed load, as evidenced by heart rate indicators both during classes and in the recovery period after classes.

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THE INFLUENCE OF SPEED AND POWER QUALITIES ON THE PHYSICAL PREPAREDNESS OF STUDENTS IN THE PROCESS OF FREE WRESTLING

In the article the influence of speed and strength qualities on the physical fitness of students in the process of wrestling. It was found that wrestling is the most popular sport among student youth. It was found that the modern approach to physical training of freestyle wrestlers in physical education institutions of higher education is characterized by a direct relationship between the level of physical training of the athlete and the success of his personal sports experience. The limitations of this system are due to the empirical approach and the dominance of applied aspects in the development of the entire content of education and teaching methods. Based on the need to take into account the sports interests of students, a survey of students was conducted. It was revealed that game sports, freestyle and national wrestling, as well as folk and national physical exercises and games are the most popular among students. At the same time, the interest of young people in the customs and traditions of the development of the culture of their ethnic group, including national and folk sports.

As a result of research the technique of the organization of educational employment for students on groups of specializations taking into account sports interests traditions is developed. It is based on work programs in the specializations "Freestyle wrestling with elements of national wrestling techniques" and "Volleyball with elements of mobile games". Athlete's motor activity involves the implementation of individual movements, as well as motor actions and complex motor activities.

Key words: *speed and strength qualities, physical exercises, physical fitness, students, freestyle wrestling.*