



DEVELOPMENT OF INDIVIDUAL SWIMMING PROGRAMS FOR STUDENTS TAKING INTO ACCOUNT THEIR PHYSICAL FITNESS AND HEALTH CHARACTERISTICS

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Relevance of the topic: In the conditions of the modern rhythm of life, students often experience a deficit of physical activity. Swimming, being one of the most accessible and effective sports, helps to strengthen health, increase physical endurance and improve the psycho-emotional state. However, standard swimming programs do not always take into account the individual characteristics of each student, which can reduce their effectiveness and even lead to injuries. Therefore, the development of individual swimming programs taking into account the physical fitness and health characteristics of students becomes an urgent task.

Purpose of the study:

To develop individual swimming programs for students taking into account their physical fitness and health characteristics, in order to increase the effectiveness of training and minimize the risk of injury.

Research objectives:

1. Conduct an analysis of existing swimming programs for students.
2. To determine the main factors influencing the choice of an individual swimming program (physical fitness, age, gender, health status, presence of chronic diseases).
3. Develop an algorithm for creating individual swimming programs.
4. Conduct testing of the developed programs on a student group.
5. To evaluate the effectiveness of the developed programs based on the results of control measurements of physical fitness and a survey of students.

Research methods:

- **Analysis of literary sources:** study of modern concepts and approaches to teaching swimming, analysis of various swimming teaching methods (traditional, modern, innovative), study of the theoretical foundations of swimming, including the biomechanics of movements, swimming physiology, swimming psychology, identification of the key components of effective swimming teaching (correct technique, physical fitness, psychological attitude); identification of factors influencing the choice of individual swimming programs, study of literature on physical fitness, age-related physiology and health characteristics of students, analysis of factors influencing the choice of swimming programs (physical fitness, age, gender, health status, presence of chronic diseases, individual goals and motivation); study of methods for assessing physical fitness and health status, analysis of physical fitness testing methods (timed swimming, diving, endurance, strength), study of methods for assessing physical condition (anthropometric indicators, body mass index, cardiological tests), analysis of methods for assessing health status (anamnesis, medical examinations); analysis of swimming safety and injury prevention, study of literature on swimming safety (rules of conduct in the pool,



drowning prevention, first aid rules), analysis of risk factors for injury during swimming, study of injury prevention methods (warm-up, correct swimming technique, load control).

- **Survey:** The survey involves interviewing students to collect information about their physical fitness, including swimming skills and experience in sports, health status, including the presence of chronic diseases and health restrictions, as well as interest in swimming, which will determine the level of students' motivation to engage in this sport.

- **Testing:** The testing includes a comprehensive assessment of the students' physical fitness and physical condition, including timed swimming, diving, and endurance tests, as well as measuring height, weight, and calculating body mass index, which allows determining the students' basic level of physical fitness at the beginning of the study, assessing their physical development, and using the data obtained to individualize the training process [1-4].

- **Development of individual swimming programs:** The development of individual swimming programs involves the creation of individual training plans taking into account the results of questionnaires, testing and analysis of literary sources, which allows for the physical fitness, age, gender, health status and presence of chronic diseases of each student to be taken into account, as well as the development of programs with different intensity and focus, choosing exercises and training regimens that correspond to the individual characteristics of students.

- **Program testing:** Program testing involves the implementation of developed individual programs in practice with a group of students, which allows for training according to developed individual programs, monitoring the dynamics of students' physical fitness during training, collecting students' feedback on the effectiveness of the programs, and evaluating the practical applicability of the developed programs.

- **Statistical processing of results:** statistical processing of results involves the analysis of the obtained data on changes in the physical fitness of students before and after the implementation of individual swimming programs in order to determine the statistical significance of changes in the physical fitness of students, assess the effectiveness of the developed swimming programs and identify trends in the dynamics of the physical fitness of students under the influence of individual swimming programs [5-7].

Indicator	Analysis of results	
	Before the program starts	After completing the program
Swimming time for 50 meters (sec.)	50±5	45±4
Number of push-ups	10±2	12±1
Number of squats	15±3	20±2
Satisfaction level from swimming lessons	70%	90%

Conclusions:

- The developed individual swimming programs increased the effectiveness of training and improved the physical fitness of students.
- Students reported increased satisfaction with their swimming lessons, demonstrating the positive impact of the individual programs.
- The use of individual swimming programs has made it possible to minimize the risk of injury and increase students' motivation for physical education.

Recommendations:



1. Inclusion of individual swimming programs in the educational process of universities in order to improve the health and physical fitness of students.
2. Regular checking and correction of individual swimming programs taking into account the dynamics of physical fitness and changes in the health status of students.
3. Improving the qualifications of physical education teachers in the development and implementation of individual swimming programs.

Literature

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