

History of the Development of Swimming

Valijonov Hamid Olimjonovich

Master of physical culture

Annotation: This article provides a summary of the history of the development of swimming.

Keywords: Swimming, sea, lake, river, diving, school, physical, culture.

Swimming has been developed since ancient times, and its development was founded by our ancestors who lived in watery areas (on the shores of seas, lakes and rivers). Since their livelihoods depended on water, they had no choice but to master the skills of diving and staying under water for long periods of time.

In addition, they always went on military campaigns, during which they had to cross various obstacles as well as water bodies, which in turn required learning swimming skills.

With the formation of the first state, swimming also began to take shape in the daily life of the military. In the process of educating young people, it was necessary to pay attention to swimming. According to the great teaching of this period - "whoever does not know how to swim along with studying" - he was considered an uncivilized person. That is why the ancient Slavs were excellent swimmers.

At the beginning of the 18th century, the first swimming training groups were established. Pyotr I had a great service in these matters, and among the main subjects in military schools, it was mandatory to learn swimming. In the second half of the 18th century, teaching swimming in educational institutions improved more. During this period, the great Russian general A.V. Suvorov paid great attention to the physical and military training of the warriors, as well as to their swimming training. Because swimming skills came in very handy during military campaigns when crossing water bodies. In 1792, it was written in the "Collection of Notes" on the swimming technique that there were concepts that if a person fills his lungs with air and dives into the water, this will ensure that he floats on the surface of the water, i.e. does not sink. The author focuses on the coordination of movements, as well as focusing on the movements of the arms and legs in the continuation of swimming.

Establishment of a swimming school in Russia

Thus, in the second half of the 18th century, the first scientific basis for swimming was published and it served as a guide for the development of swimming skills. During this period, the first Russian swimming center was established.

In the 90s of the last century, the first "volunteer swimmers" sports club was established in St. Petersburg. In 1908, the first swimming school in Russia was opened in a place called Shuvalova, near St. Petersburg, with the efforts of Dr. Peskov. On the eve of the First World War, 500 students studied at the Shuvalov Swimming School.

At that time, at the Shuvalov swimming school, swimming methods of crawling, breaststroke and backstroke were taught. In this case, training was mainly conducted in the "brass" method.

In the Shuvalov swimming school, swimming lessons are carried out in natural conditions, divided into parts and in the stages of full training. In addition, the system of training on land: general development and special exercises were used. Blacksmiths served as swimming instructors at the Shuvalov Swimming School in Russia.

During 1900-1918, the development of swimming in Russia was caused by the appearance of a number of new scientific theoretical manuals.

By the beginning of the 20th century, swimming schools began to form again, and an organized swimming society was established. After the Shuvalov swimming school, in 1910 Baku and Chernihiv, in 1914 the Nikolev swimming schools, and in 1908 in Riga, the Riga Swimming Society was founded. In 1912, the Society of Volunteer Swimmers was established in Moscow. Despite the existence of several swimming schools, there were no mass swimming competitions among young people and teenagers living in Russia during this period. In the first swimming competitions held before the Russian revolution: the process of technique improvement, as well as the teaching method and training process, and the sports performance of Russian swimmers were determined. Before the revolution, swimming competitions were held in Russia at the end of the 19th century. More precisely, the first competition was held in 1894. The Shuvalov swimming school has a special position in swimming sports and its application in Russia. A 25-meter open swimming pool was built in the school.

In 1912, Russian swimmers took part in the Olympics held in Stockholm for the first time. They took the last place, which indicates that swimming in the country is at a low level. The failure of athletes in the Olympic Games led to the large-scale improvement of swimming training in the country's sport and the holding of swimming competitions all over Russia every year. In 1913-14, swimming competitions were held first in intercity and then in all Russia. This showed the growth of technical results.

The development of swimming in Russia after the revolution

After the revolution, Russia needed highly developed military soldiers. For this reason, mass military training began, in which swimming also took a separate place in the physical training program from the preparatory training courses. From the first days of the formation of the former union, thousands of young people started learning to swim.

The first institutes of physical culture were opened in Moscow in 1918 and in Petrograd in 1919. In these institutions, according to the curriculum, attention is paid to teaching swimming as a separate subject. By 1920, a swimming sports society called "Dolphin" was established in Petrograd, and during its 6 years of work, it did a lot of work in the improvement of swimming. By 1921-1923, schools for teaching swimming to 11-12-year-old children began to open in Moscow and Petrograd!

During the years 1923-25, a number of scientific and practical works were carried out on swimming sports techniques. In 1925, L. V. Gerkan taught swimming at the Moscow Institute of Physical Education, and developed a large number of training manuals on the practical theory of swimming.

Gerkan became famous for the healthy, educational, aesthetic value of swimming and for clearly establishing the starting and turning techniques for all methods of swimming. In addition, he developed a training system for training tactics.

By 1925-26, the opening of 3 indoor winter swimming pools in Leningrad made it possible to practice swimming all year round. During the years 1926-1929, it was considered a center for water sports. In Leningrad, "complex swimming" spread on a large scale. And this served as another step forward for the improvement of the method of teaching swimming. By 1931, swimming in the then G.T.O. included in the set. In 1935, partial and complete swimming lessons took shape on a mass

scale. In it, the main set of methods was considered to teach physical exercises on scientific grounds, that is, to develop strength with practical demonstrations. In 1935, the first children's swimming school was established. During the years 1935-38, there were many positive changes in the improvement of swimming technique, as well as the teaching method and sports training. On the eve of World War II, the improvement of the water sports training system was continued.

During this period, a lot of attention was paid to improving the sports performance of men's breaststroke swimming, that is, they set world records in men's breaststroke at all distances. In the period between 1935 and 1941, 10 swimmers were recognized as the strongest swimmers in the world, but not a single swimmer from Europe was in this regard. The top ten swimmers included: Vitaly Ushakov, Nikolay Borisov, Vasiliy Kazakov, Yulia Kachatkova, Leonid Meshkov, Alexander Shulin, Vladimir Kitaev, Alexander Gorbunov and others.

In 1941, Nazi Germany's military campaign against the former USSR pushed back the development of swimming, like other sports. Many famous swimmers went to the front, but the swimming pools built in Minsk, Kyiv and Kharkiv were bombed in the first days of the war.

In the Proletar district around Moscow, the indoor swimming pool, which was opened on the eve of the war, continued its activity throughout the war years. This pool played an important role in the lives of famous swimmers. In 1942, the championship of the capital was held here, and in 1943-1945, the championship of former All-Union masters of sports in swimming was held.

On the eve of the last years of the war, winter swimming pools started working in Moscow and Leningrad. Swimming schools were opened in Minsk, Kyiv, Gorky, Tallinn, Kharkiv and Lviv. Children's sports schools have started working again.

By these years, the work of teaching swimming took shape on a mass scale, volunteer youth sports schools and health camps were established. On October 23, 1969, by the decision of the Physical Education and Sports Committee, the work of volunteer youth sports schools was strengthened on a large scale. Disadvantages that destroy the growth of sportsmanship and the improvement of swimming sport have been eliminated. In 1969, on the initiative of the Central Youth Committee of that time, "NEPTUN" days were founded in the categories of youth recreation. With this, children were regularly taught and engaged in swimming. In a number of cities, including Tashkent, the obligation to teach 1-4 graders to swim was included in the curriculum. Since 1971, special swimming classes have been founded for children aged 10-13 who have the ability to swim. Since 1972, high-class swimming training centers have been founded in the centers of large cities. The number of swimming pools in the country increased rapidly.

The first indoor swimming pool was built in 1927.

The number of swimming pools was 20 in 1948, 905 in 1970, 1259 in 1975, and by now their number has exceeded 16,000.

Swimming at the Olympic Games

European swimmers achieved good results in the first Olympic Games, but by 1920, American swimmers were at the forefront. Between 1932 and 1936, among the men, the Japanese had good results, while among the women, the Dutch women swimmers were successful. After 1945, swimming competitions were held mainly between the athletes of the USA, Australia and Japan.

In 1964-1976, the USA swimmers again achieved high performance, and in 1975, the swimmers of the German Democratic Republic also achieved world recognition. By 1980, ex-union swimmers were doing somewhat better. They won 8 gold, 9 silver and 5 bronze medals at the Olympic Games that year. At the Moscow Olympics, three-time Olympic champion V. Sapnikov was recognized as

the main hero of the competitions. The history of the development of swimming shows that the improvement of swimming, like other types of physical education, is complete with the process of general development laws and stages of development. With the increase in its popularity, the growth of its performance in sports, the expansion of the possibilities of its use in various fields, the appearance of types and the constant introduction of innovations, swimming is growing at a rapid pace.

References

1. I. Karimov. Perfect generation is the foundation of development of Uzbekistan. Eastern edition. Tashkent. 1998.
2. I. Karimov. The idea of national independence: basic concepts and principles. Manual. Tashkent. 2001.
3. I. Karimov. Perfect generation is the foundation of Uzbekistan's development. His speech at the 9th session of the Oliy Majlis of the Republic of Uzbekistan. Tashkent. August 29, 1997.
4. O.A. Sobirova. Teaching children to swim. Tashkent. "Medisina" publishing house.
5. O.A. Sobirova. "If you say to be healthy." Tashkent. "Medicina" edition