

Comparative analysis of modern methods for teaching swimming to adults

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Abstract

Objective of the study is to determine the methodological features of teaching swimming to adults based on theoretical analysis.

Methods and structure of the study. An analysis of scientific, methodological and Internet sources was performed to identify an effective methodology for teaching swimming to adults, where the criterion is the time of training or the time period of training. The sample consisted of scientific publications presented on the websites of the library systems library and cyberleninka for the period 2006-2024.

Results and conclusions. In the course of the study, it was determined that the main distinctive feature in teaching swimming to adults is the emphasis on the psychological side of the educational and training process. At the same time, special attention is paid to teaching correct breathing. From all the diversity presented in the literature and the Internet, two main methods of teaching swimming stand out: the traditional method – teaching swimming 1-2 styles, and the complex method – teaching swimming all four styles.

Keywords: *swimming, swimming courses, swimming teaching methods, front crawl, breaststroke, back crawl, sports swimming techniques, modern swimming schools.*

Introduction. Modern research has shown that swimming affects relaxation and stress relief. Water has a calming effect, swimming improves mood, reduces symptoms of depression, anxiety, and prevents the development of professional burnout [11].

Objective of the study is to identify the methodological features of teaching swimming to adults based on theoretical analysis.

Methods and structure of the study. An analysis of scientific, methodological and Internet sources was carried out to identify the most effective methods of teaching swimming to adults (the criterion is the time of training or the time period of training), studying under the guidance of a trainer in fitness centers or in online schools offering support for the process of mastering various swimming techniques. The sample consisted of scientific publications presented on the websites of the library systems library and cyberleninka for the period 2006-2024.

Results and conclusions. In their works, most authors recommend taking into account not only age and psychological characteristics when teaching adults, but also paying attention to the essence of the pedagogical impact exerted on an adult during the learning process [5, 1].

As a rule, a deterrent to learning to swim is the presence of fear of water in mature people. One of the reasons for fear may be psychological trauma received in childhood as a result of a personal unsuccessful experience of swimming and the experienced fear of drowning, or fear of being in the water in an unsupported position, that is, without touching the bottom or the sides of the pool with your feet. In this case, experts suggest combining physical training with psychological work to overcome fear when teaching adults to swim [5].

To relieve stress, relax, and distract yourself from thoughts about the upcoming immersion in water, it is



recommended to begin training with mastering proper breathing, first on land and then in water. In this case, breathing exercises are used before performing basic water exercises, such as “float”, “star”, etc. This sequence further increases readiness to perform subsequent exercises [5, 3]. Having conducted a theoretical analysis of scientific and methodological research on teaching swimming over the past decade (2014-2024), we have to state the absence of works related to teaching swimming to adult students. Experts have presented experimentally substantiated approaches to teaching swimming in different ways to children or student youth during the development of elective courses in physical education and sports at a university.

In particular, the methodology of integrated swimming training has been developed for students of any age and assumes that a person will be able to simultaneously learn all sports swimming techniques (freestyle (or front crawl), breaststroke, backstroke, butterfly) from the first lesson. According to the methodology, this training option shortens the period of psychological adaptation to water: no more than 3 lessons are allocated for tactile connection with water, learning how to breathe correctly and lie on the water, and then the technique of swimming in a certain way is mastered. When using the traditional method of teaching swimming, accustoming to water occurs only after the 12th lesson [6].

The following approach presented in the literature has also been tested in the process of teaching students and assumes simultaneous mastering of all non-sports and sports swimming techniques. Non-sports swimming techniques are understood as a combination of elements of two sports styles. For example, a combination of elements of the swimming technique of backstroke and breaststroke; front crawl and breaststroke; butterfly and breaststroke, etc. The use of “non-sports swimming techniques” (e.g. legs crawl + arms breaststroke; legs crawl + arms butterfly; backstroke – stroke with both arms at the same time, etc.) allows you to quickly understand how the arms and legs work separately in each sport swimming technique, and also helps to improve the functional capabilities of the body and the level of swimming fitness. At the Kuban State Agrarian University, such a program for teaching students to swim was implemented over 18 lessons, the result of which was: 90% of students who knew how to swim mastered the front crawl, 98% - backstroke, 87% – breaststroke and 10% – dolphin [12].

Swimming training for primary school children is offered in accordance with the laws and principles of biomechanics. It is necessary to take into account the energy consumption and coordination complexity of each of the four swimming methods [10]:

- when learning to swim the front crawl, the main difficulty lies in the cyclical and constant control of breathing – inhaling for a certain number of strokes;
- to master the breaststroke, it is necessary to master a large number of technical elements, using preparatory exercises on land;
- the back crawl is similar to the front crawl: breathing is easier to master, however, the method seems difficult due to limited visibility, where the only landmarks will be wave breakers and flags at the 5-meter mark;
- the butterfly is the most energy-consuming swimming method, since the dynamic load falls on the upper body.

Based on this, it is believed that for the successful formation of swimming skills for children of primary school age, it is necessary to begin swimming training with the front crawl and back crawl due to the similarity of technique and economy in performing movements [10].

The study by Kozlova N.Yu. presents experimental data on teaching swimming to primary school children using all sports methods simultaneously. The training begins with mastering arm movements, which as a result contributes to a faster period of mastering a certain sports method compared to the traditional approach (first forming the correct leg work). The training includes 5 stages: introductory (getting used to the aquatic environment); creating an image of swimming technique using all methods; improving swimming technique over short distances (25 meters); teaching the coordination of arm and leg work using all sports swimming methods; improving swimming technique using all sports methods [7].

Kurganova E.N., using the holistic-separate method of teaching swimming, recommends dividing exercises into separate elements, performing each movement first on land and then in water when studying a certain swimming method. In addition, the importance of maintaining the correct sequence during training is indicated: demonstration of the element; explanation of the technique of execution; methodical instructions with setting motor tasks; execution on land and in water [8]. Recently, various short-term



online courses and programs for teaching swimming to adults have become especially popular. With a trainer, basic skills can be mastered in 6-12 lessons. For a beginner, it is advisable to study 2-3 times a week [3]. Table 1 provides a comparison of modern schools and their courses/programs for teaching swimming to adults:

An analysis of the training content of the courses in the above-mentioned schools shows that in order to master 1-2 sports swimming techniques, as well as to swim a distance of 100 to 500 meters, it is necessary to practice 2-3 times a week for one month. However, the authors point out that it is better to increase the training to five times a week to achieve the best result, and for this it is necessary to practice at least three times a week.

Conclusions. The study found that the main distinctive feature in teaching swimming to adults is the emphasis on the psychological side of the educational and training process. In this case, special attention is paid to teaching correct breathing. Among all the diversity presented in the literature and on the Internet, two main methods of teaching swimming stand out: the traditional method – teaching swimming 1-2

styles, and the comprehensive method – teaching swimming all four styles.

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Table 1. Content aspects of courses (programs) for teaching swimming to adults, presented on the official websites of swimming schools on the Internet

Name of the school (write ONLINE or CITY if in person)	Course/program features	Duration of the course/ program	Result of mastering the course/program
Swimming laboratory «Swim-Lab» swimlab.pro	Course «Beginner» Deep video analysis of swimming technique	12 workouts (1 month)	Mastering the basic skill of swimming using the front crawl method
Healthy swimming school.RF	Course «HEALTHY SWIM COMPLEX» Comprehensive health training in all swimming techniques	16 lessons (2 months)	Basic swimming skills (breathing, lying on the water) and two swimming styles (breaststroke + crawl/ breaststroke + backstroke/crawl + backstroke)
I Love Swimming perm.ilovesupersport.ru	Course «Level 1» The training is conducted according to Terry Laughlin's «TotalEmersion» method. After each lesson, the student receives additional training materials	12 lessons (1 month)	Ability to swim using the front crawl and the ability to swim 500 meters without stopping
Swim Serafim swimserafim.ru	Course «from 0 to 400» Trainings are held online. The student trains independently	3 workouts per week (from 1 to 6 months)	Ability to swim in one of the four swimming styles and the ability to swim a distance of 400 meters without stopping
Born4Swim born2swim.ru	Course «Swimming from scratch». Training takes place with a trainer in the water. Video analysis of swimming technique	12 lessons (1 month)	Ability to swim in one of the four swimming styles and the ability to swim a distance of 100 meters without stopping



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