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**INFLUENCE OF HEALTH SWIMMING ON THE HUMAN ORGANISM**

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In the modern world there are a number of negative factors that have a negative impact on human health and life. Such factors include unfavorable environmental conditions, and the constant stress received by a person in everyday life, and an unhealthy "sedentary" lifestyle. That is why physical education and sport play a special role in maintaining the human body. Regular physical activity allows you to constantly maintain the body in good shape, improve health and, in general, increase a person's mood.

However, many of the existing sports have a number of contraindications or require large physical costs, which deprives them of a universal nature for any person. In this case, the most important task becomes the search for a type of physical activity that would regularly maintain the body in good shape and would not have any special contraindications.

One of the most useful sports is recreational swimming, which has a positive effect on both the human body and its attitude. Regular swimming classes can not only strengthen human health, but also create a strong character, self-discipline and endurance in it. The essence of swimming is activity in a body of water, and two effects are immediately exerted on the body: the exercises themselves and the aquatic environment.

Speaking about the benefits of swimming, it should be noted that it has a positive effect on almost all body systems, including:

- cardiovascular system;
- respiratory system;
- muscle system;

- nervous system;
- the immune system.

The effect on the human cardiovascular system is primarily expressed in its general strengthening. So, in people who regularly engage in swimming, the heart rate in a calm state rarely exceeds 60, while in an ordinary non-training person this value reaches 70-80 beats per minute.

We also note that, unlike many other sports, the role of swimming in the prevention of the cardiovascular system is extremely positive. Constant water pressure can significantly facilitate the outflow of blood to the heart, thus swimming is indicated even for people with weakened heart muscle.

Hydro-massage helps the skin to improve regulation of the autonomic functions of the body, reflex stimulation of the cardiovascular system, improvement of the peripheral circulation. It is also worth noting that swimming training can improve the level of circulation in the human brain, thereby exerting a positive influence on the development of his mind, reduce fatigue and thereby enhance mental abilities.

Swimming affects the respiratory muscles, improve respiratory system in General. Reduced gravitational load on the spine, strengthens the muscles of the chest, which leads to improved posture.

Practice shows that in diseases associated with disease of the spine, swimming helps to eliminate this defect. Therefore, doctors often refer to the pool of children with various forms of spinal curvature.

Regardless of the style of swimming, with regular exercise the person also is constant study of all groups of muscles, thus the muscle system of the body is strengthened and contributes to the harmonious development of a common body shape. Thus, swimming allows much faster to develop the muscles of a human (unlike, for example, from running), while not causing harm to the body. Kenneth Cooper, renowned expert in the field of improvement and development of health technologies, has noted that swimming is one of the most effective types of aerobic exercise that engages all major muscles [2].

The human immune system is also subject to the positive influence from the swim as the result of regular training, the human body gradually quenched, it becomes stronger and more resilient. There is also the fact that as a result of swimming the human body gradually develops immunity to cold temperatures becomes more tolerable. Changes in the blood increase the protective properties of the immune system, increasing resistance to infectious and catarrhal diseases.

Do not underestimate the effect of swimming on the nervous system. General toning of the body leads to the fact that regular exercise allows a

positive influence on the human psyche, reducing stress levels and psychological discomfort.

Do not forget that swimming is one of the most effective measures for proper healthy weight loss as 15 minutes hanging out in the water a person loses 100 calories.

The value of swimming for the human body is widely known to almost everyone. To demonstrate a good example of the use of swimming as a form of exercise, we conducted a small survey among students.

The following questions were suggested to respondents:

1) Do you think that swimming has a positive healing effect on the human body?

2) Which of the systems of the human body, in your opinion, does swimming have the greatest influence?

- a. On the musculoskeletal;
- b. On the cardiovascular;
- c. On the nervous;
- d. On the immune;
- e. On the respiratory.

3) For what purposes, in your opinion, do people start swimming?

4) Have you been swimming? If so, what benefits has it brought to your body?

As a result of the survey, the following conclusions were made:

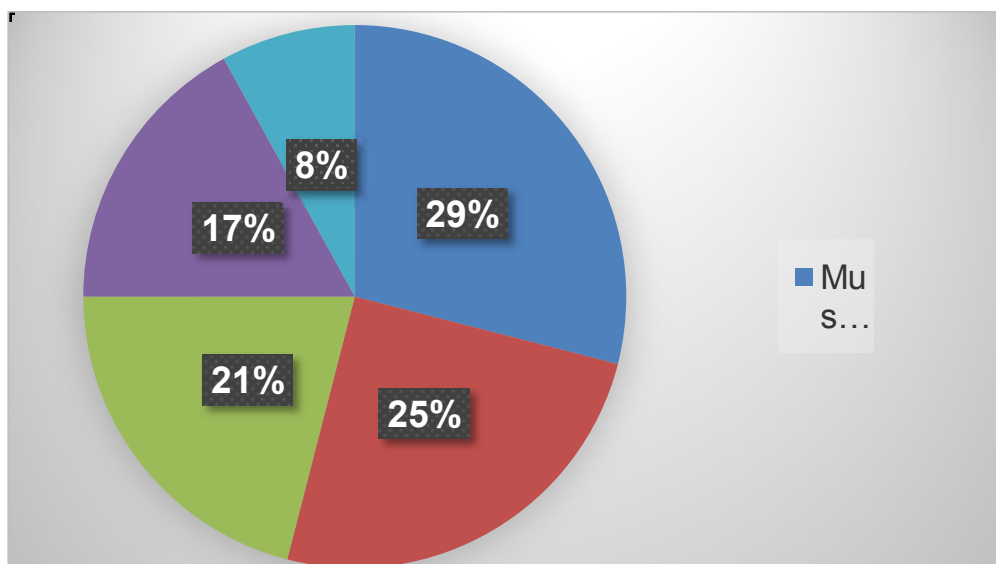
1) Most of the respondents noted that swimming has a positive effect on the health of the body, which amounted to approximately 87% of the total number of respondents.

2) In *fig. 1* marks the results of a survey on the second question.

3) Most of the respondents noted that the most common reason for swimming is the desire of a person to have a beautiful and fit figure, as well as strengthening his own body and the development of various muscle groups in the body.

4) 54% of respondents said that they were engaged in swimming, of which 17% – on an ongoing basis and 29% continue to do so far. As the most useful swimming property, respondents noted the formation of a good body structure, the development of muscles, as well as a general increase in the body's stamina and endurance.

Summing up, it should be said that swimming has a number of indisputable advantages, which allow me to classify this sport as one of the most beneficial for the body.



**Fig. 1.** The effect of swimming on various body systems

In conclusion, I would like to once again highlight the most useful health-improving properties of swimming for the body:

1) Swimming has a strengthening effect on the cardiovascular system of the body, significantly improving the heart rate of a person in a calm state, as well as improving blood flow to internal organs;

2) During training, regardless of the chosen swimming style, almost all muscle groups are involved in the human body, thereby swimming provides a harmonious development of the musculoskeletal system;

3) Swimming contributes to the overall strengthening of the body's immunity, and also increases the stamina and tolerance of temperatures;

4) Swimming also helps to reduce mental stress on the body, reduces stress and has a tonic effect on human health;

5) Unlike other sports, swimming has practically no contraindications and is the least traumatic sport;

6) Swimming can be shown to people with various diseases, including diseases of the cardiovascular and musculoskeletal systems.

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