



Kolegji AAB

FACUTLY OF PHYSICAL CULTURE AND SPORT

THESIS PROJECT

SUBJECT: SWIMMING

**METHODS OF LEARNING INITIAL TECHNIQUES TO THE YOUTH
IN SWIMMING**

Mentor:
Prof. Dr. Mehdi JASHARI

Candidate:
Asllan KRASNIQI

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INTRODUCTION

Swimming in human history has appeared much earlier. Experts point that swimming is within people, while the only obstacle to learn swimming is fear. If we see how babies instinctively make the right movements in water, we will understand that this is something we have in genes. Except health advantages, which are numerous and very important, swimming is fun and the best way of refreshment in hot summer days. Swimming itself is a sport but people when searching for fun invented different activities in water which include the swimming as well. All people can swim despite their weight or age. Since the nodes are useless while swimming, while the body is almost in a weightless condition, swimming doesn't present tiredness for the organism, and on the other side it's the only activity during which every part of the human body is active.

PURPOSE AND IMPORTANCE OF SWIMMING

Which are the reasons of why the swimming is an important sport, we will present here some of the most important:

Lung Capacity

With a research is defined that males and females in the middle age improve the lung capacity, while it increases for 10% in the period of 12 weeks. The amount of blood that the heart pumps also increases for 18%.

Heart Health

With Swimming are put in motion every muscle of the body, including the most important one- the heart. Swimming strengthens the heart and efficiently pumps the hear, which improves the circulation in the body.

Increase of the muscle mass and the force

Scientists with a research have proved that 8 weeks of daily swimming increase the muscle mass of triceps (the back of the hand) for 23.8%. With the increase of the muscle mass the percent of the fat in the body will be reduced, for which reason it will improve the health of organism in general. Swimming offers a greater resistance than running. During running the person goes through the air, which doesn't present a special problem, meanwhile when swimming body rejects the water for which every movement becomes the movement of resistance and the force. Swimming has also shown excellent results for improvement of bone health, especially to women in postmenopausal.

Health of the joints

Swimming offers something that other aerobic exercise can't offer: the possibility to move every part of your body and to not create pressure in the skeleton system. While swimming you don't create pressure on the joints. When body is immersed in water up to waist, you carry only 50% of your weight, when body is immersed up to chest you carry 25% to 35% of your body weight, while when it's immersed up to head you carry only 10% of your body weight. This means that swimming is ideal for those who have problems with rigidity of muscles and joints that hurt.

Sport for life

Since it doesn't come up to the creating of pressure on the joints, all people of different ages can actually swim. For people of the third age swimming is an excellent form of recreation because in the movement they have every part of the body, while again it doesn't come up to the creating of pressure in any part of the body.

Cholesterol

Swimming balances the bad and good level of cholesterol. For every 1 percent of the reduction of cholesterol, the risk of heart disease is reduced for 3.5%. Swimming strengthens the walls of arteries and their flexibility. So people of the third age that have swam regularly had the same function of arteries to people that are in their thirties or forties.

Diabetes

If you swim three times a week for 30 minutes the risk of creating diabetes will be reduced for 10%. As well if you are sick from diabetes of the type 1, swimming will help you extremely, because it will increase the sensitivity of the body in insulin.

Alternatives for injuries

When athletes get hurt, professionals advise swimming as a solution. The injured athlete swimming will keep him in shape and will help him during rehabilitation. Resistance, which water will offer the body will increase the work of muscles, but it will not be created the pressure which is created at common exercises on the ground.

Refreshment during the summer

There isn't any better feeling for sure when on summer when we enter in the fresh water or sea. Swimming relaxes, refreshes and is an excellent way of exercises because simultaneously cools the body but also makes it move.

Sociality

Swimming and other activities are something that can be done with family or friends. Swimming is an excellent choice for parents to push children in physical activities to prevent obesity, which is increasingly frequent to the children and the youth. While swimming we spent a large number of calories from 500 to 650 depending in intensity you're swimming. A recent research has shown that with swimming regardless from it's style, are spent fewer calories unlike running or cycling.

Improvement of flexibility

Unlike the exercises with equipments in the gym which rarely we exercise the whole body, swimming requires to use every part of your body. Hands move in broad arches, abdominal muscles and back muscles are tensed, while hips move together with legs. With every forward movement qualitatively the body will extend from head to toes.

Unlike other sports swimming has more adventure, exercises and fun.

CONCLUSION

By the structure of movements, swimming is part of the cyclic sports. Through swimming is achieved the transformation of many characteristics of the psychosomatic status. Movements in water environment start even in prenatal life. Activities in water are operators that contribute in many sports in the increase of motor and functional skills as well as in rehabilitation and the recovery of other athletes in many sports.

In order for people to learn the movements in water as soon as possible and to possess the space in water as long as possible are made researches and deep analysis as in conditional preparation and in the raise of the level of swimming techniques as well. Continuous increase of the results in swimming disciplines is an evident indicator that still exist some spaces in which human capacities to swim faster in different length are still not exhaust. The treated material in this paper, certainly empowers the importance of the activity in water for human's health firstly in:

The increase of lungs capacity

Positive impact in heart health

The harmonious development of body

Preventive effects of many modern diseases etc

Of particular importance is that before the start of learning swimming techniques with beginners, we should pay attention to the adaptability in water. In a methodical aspect except certain exercises the youth must be explained and demonstrated the most important elements of the respective technique followed by examples and illustrations exploiting pictures, sketch etc.

At last we hope that the material of this paper will serve as an adequate manual based in the experience of many authors in this field, in order to learn as soon as possible and efficiently of the swimming techniques, not only with beginners but also with active swimmers.