

Discussion on the Application of Swimming Assisted Training in College Swimming Teaching

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Abstract: In this paper, through the study of the characteristics and rules of swimming teaching, to strengthen the use of some appropriate and effective swimming assisted exercises, eliminate fear psychology to regulate the atmosphere in class, stimulate students' enthusiasm and interest, master swimming skills smoothly, cultivate students to choose swimming for their lifelong fitness habit.

1. Introduction

As one of the basic means of swimming teaching, auxiliary practice is to carry out swimming practice by means of equipment, games and competitions. In the process of swimming teaching in colleges and universities, increasing the application of auxiliary exercises is an effective way to achieve the swimming teaching goals and promote the students to master swimming skills. Practice in physical education teaching process is the use of very high frequency, the application of auxiliary practice to enhance teaching skills step-by-step, help students better master sports skills, form the correct sports concept and representation, therefore increase the supporting practice in the application of swimming teaching is of great significance.[1] Based on this, the article in swimming teaching skills to master rules and characteristics, on the basis of the implementation of the assisted by swimming practice as the research object, from promoting college students' interest in swimming, swimming skill mastery, swimming fitness value understanding perspective, on the practice in implementation and application research of the swimming teaching in colleges and universities.

2. Classification of Swimming Assisted Exercises

There are many kinds of swimming auxiliary exercises, which play different roles and achieve different goals in swimming teaching. Such as all kinds of games, fun water exercises, auxiliary exercises with various tools, and other skills and movements related to competitive swimming, etc. Teachers should fully understand the exercise methods and effects of various auxiliary exercises in order to better achieve teaching objectives.

2.1 Application of Interesting Water Games

In the book "A Brief Analysis of the Impact of Water Games on children's Initial Swimming Teaching", Zhang listened to the experimental group of children in accordance with the coach's requirements to actively play water games, eliminating their fear of water psychology, all can enter

the water on the first day of the experiment; While a small number of children in the control group cried on the bank because they were afraid of water, and the children in the water could not practice as required by the coach due to fear of water[2]. Therefore, it indicates that water games have a certain positive effect on the elimination of water phobia and water phobia, so games can be used to help people get familiar with water and adapt to water.

Beginners initial water due to the buoyancy of water pressure and water fluctuation, the balance of the body feel buoyed by strong, can make students feel floating body is difficult to maintain body balance, water, listen to each other for newspaper group, clingy, etc. This kind of game is suitable for beginners to eliminate the psychological tension, playing in the water can be a distraction, to develop the friendly feeling of water. Fisherman fishing, play table tennis, through the tunnel, the water drive train and other such games can help students further familiar with water used to water, exercise students' ability to running in a wide range of water, reaction ability, improve the interest in learning, changing land breathing habits, emphasize breathing with hands and feet coordination, grasp the mouth on the surface of the inspiratory expiratory. Such comprehensive games as the Yangtze river and the Yellow River and the water relay can improve students' swimming speed ability, cultivate the ability of team organization and cooperation, and imagination, etc. Organizing competitions on the basis of mastering certain swimming skills and movements can stimulate students' potential, give play to their speed advantage, see the gap space, and then improve their movements.[3]

2.2 Improve Action Water Games

In the process of mastering knowledge and skills, swimming requires repeated practice for many times before it can change quantitatively to qualitatively. But repeated practice can be monotonous and boring. At this point, we can use the water game as a teaching auxiliary exercise, improve the students' interest in practice, to segment the movement to master quickly, have a great improvement, and further consolidate the learning effect.

Hand to hand push: Two people touch each other with fingers crossed and straight arms. At the same time, after taking a breath, float your legs and do breaststroke stroke (freestyle stroke), quickly push each other back. This adversarial exercise can increase students' interest in leg exercises, increase resistance, and improve leg strength and speed.

Pull car: two people in a group, one person prone on the surface of the water to do breaststroke hands and breathing movements, the other person standing on the side of the hands gently hold the former thigh, from the former force to move forward, it is required that both can not move the legs dragged forward and breathing freely. This exercise can improve the breaststroke hand movement and hand and breathing coordination, to prevent the wrong movement of the rower too far back and too late.

Chicken elbow stroke: Use thumb stuck under armpit to make chicken elbow stroke during leg kick of freestyle. This exercise requires the elbow joint to be raised high and close to the ear when recovering the arm, and the elbow joint to be pointed to the front as far as possible when swimming. It can improve the wrong movement of the elbow low and hand high when the arm is tense in the air when recovering the arm. It emphasizes the forward movement driven by the forward rotation of the shoulder.[4]

The water game with improved movement can be used as teaching auxiliary exercise, which can fully arouse students' enthusiasm, repeatedly practicing segmented movements will not be boring, and improve their interest in practice. Increase the difficulty and resistance of practice, exercise students' strength and speed, achieve good practice effect; At the same time in the competition practice with a sense of competition, the movement can be well consolidated.

3. Use All Kinds of Tools to Assist Swimming Practice

3.1 Floating Plate

As one of the most common AIDS in swimming learning, the float board plays an important role in improving swimming level. First of all, after learning the leg movements, you can use the buoyancy board as an assistant to strengthen the training effect. Hold the back end of the float board and do ventilation with the pressing board with both hands while practicing the leg movements; When practicing freestyle and backstroke paddlers, clamp the board between the legs, raise the body position to control the lateral rotation of the body, and feel the power of the back to control the body balance; Practice breaststroke stroke stroke paddles when the leg clamps the float board to be able to make the knee clamps to control the thigh not to do too much to pull the leg movement, has the very big help to the correction technique.

3.2 Burdened with Float

Most students learn swimming not for competition, but for fitness and self-help. The length of swimming distance is obviously more significant for survival than the speed. Therefore, attention should be paid to endurance training in college swimming. However, when swimming for a long distance, many students are not used to exerting themselves. They feel tight muscles and stiff movements, and their breathing and movement rhythm are not well coordinated, so that they fail to reach the standard.

Using the method of carrying floating can help students complete 100-400 meters long distance swimming, just like adding a resistance device to students, improve the power of swimming, at the same time when students feel tired because of the buoyancy of floating so that the body can continue to complete the exercise in accordance with the more correct technical movements. In the long-distance swimming practice, students can strengthen the strength and endurance of their hands and legs, improve the floating body position, overcome psychological barriers, consolidate the mastery of breathing techniques and rhythm, and improve the technical stability and swimming endurance.[5]

3.3 Multimedia Appliances

Because of the special environment of water, swimming is limited by sight and hearing. Especially for beginners, they can only establish the concept and representation of action by imitating the action on land. Multimedia demonstration can set pictures, text and sound in one, strengthen the teaching effect in the swimming teaching process, help students to understand the main points of movements, establish a clear movement representation, and make the complex and difficult cognitive activities simple and enjoyable. At the same time, multimedia demonstration can improve the controllability of the teaching process. Teachers can combine animation demonstration and explanation, and students can analyze and correct their own mistakes.

4. Other Swimming Skills Should Be Used for Exercise

There are great differences among college students in their interest in learning swimming and their starting level. Teachers should fully mobilize the enthusiasm of students of different levels, cultivate students' strong interest in learning swimming and positive attitude, and improve their swimming fitness habits and ability. The introduction of some swimming related techniques as auxiliary exercises can not only satisfy the thirst for knowledge of swimming students, but also

enable beginners to further familiarize themselves with water and accelerate the pace of learning.

Simple synchronized swimming imitation exercises: water jump 3600, water tummy roll 3600, forward roll 3600, a group of three jump exercise. Other swimming styles: underwater, anti-breaststroke, side stroke, head swim, treading water, etc. Competitive swimming skills training: start and turn. Swimming lifesaving techniques: Bayi diving, water relief and towing, shore shoulder, artificial respiration, cardiopulmonary compression, water yoga.

These swimming related techniques are both interesting and practical, which can meet the needs of students of different genders and levels. Teachers can intersperse them in the teaching as supplementary content in class, enrich the teaching content, satisfy students' interests and hobbies, and let students feel the skills of learning swimming.

5. Conclusion

In a word, in college swimming teaching, it is necessary to help students master the correct concept of movement, as well as the correct breathing technology and rhythm as soon as possible, which is conducive to students' elimination of fear of water as soon as possible and better completion of water-based tasks. By strengthening the auxiliary exercises on land, by timely and correct demonstration, elaborating the technical movements and analyzing the principles of movements, the students can quickly master the motor skills and improve the actual effect of movements, thus achieving the ideal teaching effect.

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