

HISTORY AND DEVELOPMENT OF THE ORIGIN OF THE SPORT OF SWIMMING

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Annotation: This article analyzes the history and development stages of swimming as a sport. It examines swimming culture in ancient civilizations, approaches during the Middle Ages, and the process of its formation as a modern sport. The article also discusses the role of swimming in international sports and its impact on a healthy lifestyle.

Keywords: swimming, sports history, ancient civilizations, Olympic Games, healthy lifestyle, FINA.

Annotatsiya: Ushbu maqolada suzish sportining kelib chiqish tarixi va rivojlanish bosqichlari tahlil qilinadi. Qadimgi sivilizatsiyalardagi suzish madaniyati, o'rta asrlardagi yondashuvlar va zamonaviy sport turi sifatida shakllanish jarayoni yoritilgan. Shuningdek, suzishning xalqaro sport tarmog'idagi o'rni va uning sog'lom turmush tarziga ta'siri ham ko'rib chiqilgan.

Kalit so'zlar: suzish, sport tarixi, qadimgi sivilizatsiyalar, Olimpiya o'yinlari, sog'lom turmush tarzi, FINA.

Аннотация: В данной статье анализируется история возникновения и этапы развития плавания как вида спорта. Рассмотрены культура плавания в древних цивилизациях, подходы в Средние века и процесс формирования современного плавания. Также обсуждается роль плавания в международном спорте и его влияние на здоровый образ жизни.

Ключевые слова: плавание, история спорта, древние цивилизации, Олимпийские игры, здоровый образ жизни, FINA.

INTRODUCTION

Swimming is one of the most ancient sports in the history of mankind, its roots go back to ancient civilizations. Initially, swimming was studied as a vital necessity, later it was formed as a sport. Nowadays, swimming is not only a competition, but also an important part of a healthy lifestyle. This article analyzes the history of the origin of the sport of swimming, the stages of development and its role in world sport.

METHOD

The article analyzed historical sources, archaeological finds and scientific literature. To determine the stages of development of the sport of swimming, written sources from different periods and the feedback of scientists were studied. Information provided by the International Swimming Federation (FINA) was also used.

RESULTS AND DISCUSSION

Swimming in ancient civilizations. Swimming has been studied as a vital necessity since the first appearance of mankind. Written evidence of swimming is found in ancient Egyptian, Greek and

Roman sources. For example, paintings of floating people dating back to 4000 BC have been found in Egyptian tombs. In ancient Greece, however, swimming was an integral part of physical education.

The importance of swimming in the Middle Ages. During the Middle Ages, there was a decline in interest in swimming in Europe, which was viewed negatively by the church-influenced public display of the body. Nevertheless, in Japan, Samurai learned swimming techniques as part of their combat skills.

Modern swimming sport. Swimming as a sport began to take shape in the middle of the XIX century. In 1837, the first swimming competitions were organized in London. In 1896, swimming was included in the program of the Olympic Games. The International Swimming Federation (FINA) followed in 1908 and standardized the rules of swimming.

The current state of the sport of swimming. Today, swimming is considered one of the most important disciplines of the Olympic Games. Famous athletes, including record holders such as Michael Phelps, are contributing to the greater popularity of the sport of swimming. Also, adherents of a healthy lifestyle widely use swimming as a physical activity.

CONCLUSION

Swimming is one of the most ancient and important physical activities in the history of mankind and was originally studied as a vital necessity. Ancient Egyptian, Greek, and Roman civilizations had a swimming culture, and it was practiced as part of military training as well as sports. While there was a decline in interest in swimming in Europe during the Middle Ages, the art of swimming continued to flourish in Eastern countries, especially Japan.

By the middle of the XIX century, swimming was formed as a sport, and soon international competitions began to be organized. Swimming was included in the Olympic Games in 1896, and the International Swimming Federation (FINA) was founded in 1908. From this period, swimming rules and competitions were standardized internationally.

Today, swimming is widely used not only within the framework of sports competitions, but also as an integral part of a healthy lifestyle. Swimming is one of the most effective physical exercises for many people, having a positive effect on the respiratory system, cardiovascular activity and muscle development. Technological development contributes to further improvement in the sport of swimming, allowing for further improvement in athlete performance and swimming techniques.

In the future, scientific research on swimming may include underwater technologies, new training methods for athletes and new directions in terms of health point. It is expected that scientific innovation, biological research and the improvement of physical education methodologies will greatly contribute to the development of the sport of swimming. Therefore, one of the pressing issues is the further deepening of further research on the sport of swimming and the wider study of its impact on human life.

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