Analysis of hot spots in water exercise research from the perspective of physical training

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ABSTRACT:

Introduction: Water sports refers to a general term of sports in which the practitioner takes physical exercises as the basic means in the water, takes various fitness activities or sports items on land as the carrier, and integrates them into the water to achieve the purpose of strengthening the body or pleasing the body and mind. Water exercise originated in the field of rehabilitation and is now being used in physical training as well. By analyzing the division of water exercise in the field of physical training, this paper expounds the significance of water exercise applied to physical training, in order to improve the public's cognition of water exercise.

Methods: By referring to the literature of WOS, EBSCO, CNKI, this paper understands the development process of the knowledge related to water sports and physical training, and uses the methods of literature, logical analysis and expert interview to elaborate the significance of water sports applied to physical training. The development of water sports applied to physical training field is expounded.

Results: Based on the perspective of physical training, there are different standards for water sports. The division includes training objectives, training objects, training load intensity and so on. Nowadays, in the field of rehabilitation, water exercise is mainly used in the treatment of physical diseases, human function recovery and other aspects. In physical training, Water sports can be integrated into the training of athletes in different competitive events. Athletes carry out heavy load intensity water sports, which is conducive to enhancing physical quality and improving competitive performance. Water exercise with moderate load intensity is beneficial to improve the level of body function. Water exercise with low intensity is beneficial to stimulate training enthusiasm and promote fatigue recovery.

Conclusions: In the field of rehabilitation, water exercise has a unique value for the treatment of physical diseases and the recovery of human functions. In the field of physical training, water sports are also of great value to improve athletes' performance, enhance their physical fitness and recover from sports fatigue.

KEY WORDS Motion in water; Physical training; Competitive sports; An athlete; Rehabilitation therapy

Reference:
