

Research on the application of water sports athletes in water physical training

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Abstract:

With the continuous development of competitive sports events, water sports have attracted much attention, thus putting forward higher requirements for athletes' sports training. Water training, which originated from rehabilitation medicine, has a remarkable effect on the development of athletes' athletic ability after being introduced into the field of competitive sports. This paper uses the method of literature, field investigation and interview to understand the application effect of this training method in aquatic events, and analyzes the application value of this training method. The aim is to provide the basis for enriching the training methods of water sports and promote the further development of water physical training in the field of water sports. Through the scientific and comprehensive research method, it is found that after the water physical training, the overall physical quality and technical level of the water sports athletes have achieved remarkable results; For water sports athletes injured in competition or sports, water physical training is helpful to promote their rehabilitation process; Aquatic physical training has multiple physiological and physical effects on aquatic athletes. Therefore, by optimizing the cardiovascular system, improving the core stability and muscle strength, reducing the joint burden and accelerating the rehabilitation process after injury, the training method promotes the overall functional performance of athletes, provides beneficial guidance and scientific basis for coaches and athletes in the field of water sports, and provides a valuable reference for future in-depth research.

Key words: physical training in water; Water sports; Water sports field

Reference:

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