



THE STUDY OF ANCIENT SWIMMING AND THE CHANGING NATURE OF MODERN SWIMMING

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ABSTRACT

Sports have a very important place in human life. Sports help to end enmity and establish friendships. Social commitment increases. Sports are very useful in breaking the barriers of caste, religion, country, and language. It helps to create a different image of oneself in society and introduces a true sense of tolerance and humanity. In health science, it is said that not only the organs and organs of the body should be in good condition and the body should not have any disease, but the organs must be maximally functional. So, the mind remains happy, energetic, and efficient. All this can be easily realized through regular sports participation. 'A good mind resides in a good body', the trick comes from sports. There are many types of sports. Among them, the name of one such water sport is swimming. To move freely in the water without any support is swimming. It is a very popular and exercising sport. Ancient swimming and the changing nature of modern swimming have been studied in this research paper.



KEYWORDS: Sports, Swimming, Health, Fitness, Swimming Competition, Freestyle Swimming, Backstroke Swimming, Butterfly Swimming.

Data Collection Method Used for Research:

Data for the research paper has been collected from books, websites and newspapers.

OBJECTIVE OF RESEARCH:

- 1) To study ancient swimming and the changing nature of modern swimming.
- 2) To know the history of swimming.
- 3) To study the modern rules and opportunities for swimming

INTRODUCTION:

Almost all quadrupeds, toed birds, and fishes have a natural gift for swimming. But man has to take training in swimming. Swimming exercises more muscles in the body than any other exercise. It helps in the proper growth of the whole body. Swimming has health, fitness, and other benefits for a person. The use of swimming in terms of conservation is very important. A person who swims after falling into deep water can save his own life and, on occasion, the life of another. At the same time,

swimming is also required to cross the river to remove the things that have fallen in the water. The most important advantage is that when a person exercises on land, the effect of gravity is greater on us, which limits physical movement; But while swimming, our weight in the water is reduced a lot and the movements can be done easily. Various forms of exercise in water are also useful for rehabilitating injuries. At the same time, it has been proved by many researchers that swimming has good benefits for obesity. From the above information, swimming is not a one-time necessity but an art of living a healthy life.

The relationship between water and human life is very close. Water is life. Major cultures of the world have been born on the banks of big rivers. Since childhood, we have been attracted to water because of its usefulness, coolness, and purity. But there is a difference between the ground and the sky in bathing under the tap and taking a dip in the reservoir. We get excited about seeing the water bodies, to swim in them. Today, thousands of people everywhere swim in the oceans, rivers, and lakes to entertain themselves and at the same time keep their bodies healthy. Swimming in clean and cool water not only energizes the body but also provides peace to the mind.

Swimming is an object of pleasure as well as a necessity for us. The people of the villages around the rivers, in the absence of a road, can meet each other only if they know how to swim or have boats in the rivers. Where were the boats in ancient times? Then the man had to cross rivers by swimming. But to swim, primitive man must have had to try and work hard, because he does not have the innate ability to swim like other creatures. Seeing the water creatures like fish moving freely in the water, a man tried to learn to swim in the same way, and gradually he acquired so much skill in this work that today swimming started being counted as art. Swimming competition is compulsorily included in all the sports competitions organized in the world.

Ancient Swimming and The Changing Nature of Modern Swimming:

It would not be wrong to say that swimming started from the time of the creation of man. Because since ancient times, humans must have been able to swim because of their constant connection with water. This is evident from references like ancient sculptures, and literature. In ancient times, humans lived in a barbaric state. Physical activity was done for protection and recreation to meet the vital needs of sustenance. The man had to run long after the wild animal to get his food. On occasion, one has to jump to cross the valleys. To hunt a running animal, some objects have to be thrown. That is the physical movements of running, throwing, and jumping used to be done by barbarians.

Humans have been swimming for thousands of years. The ancient Egyptians loved swimming for its therapeutic benefits and considered it an important part of their culture. In ancient Rome and Greece, swimming was a part of military training. Swimming was also important in Asia. In the 18th century, a royal decree made swimming compulsory for schools. For Europe, however, swimming became less popular in the Middle Ages. People were afraid of water, believing that it could spread disease. By the 19th century, swimming had returned to the good qualities of the people. Today, it is both a sport and a recreational activity.

On the whole, in ancient times, humans used to run, jump, throw things, jump, swim across the water, climb trees, chase the enemy, fight, etc. Physical activity should be done. This physical activity is the seed of physical education especially athletics and development. A painting from a Libyan house dating back to around 1100 years ago shows drawings of swimming men. Around 216 BC, the Egyptian government directed its children to swim. A sculpture shows an Assyrian soldier swimming in a style similar to the modern crawl around 880 BC.

Since ancient times, humans have been imagined to swim underwater to gather food, cross rivers, and avoid water accidents, as well as perform religious bathing and washing hygiene. Records include papyrus documents of ancient Egypt (2000 BC), figures of soldiers from Nimrud in Assyria (9th century BC), and the ancient Chinese "Zhuangzi", "Lizhi" and "Huananzi". In ancient Greece, although it was not included in the Olympic events, the military and educational emphasis were on swimming, and the frigidarium (cold bath) was the center of the so-called Roman baths that flourished in Rome. However, in medieval Europe, swimming declined, and in the early modern period, its physical

education value was assessed, and in the 19th century, it became widespread as a sport, mainly in England.

In Japan, in the Middle Ages, swimming developed as a military technique and became one of the eighteen martial arts. However, due to the isolation policy of the Edo period, controls became stricter, and swimming remained the martial arts subject of the clan school. The swimming styles of these schools were rich in diversity and far more technologically advanced than in Europe. In the Meiji era, each school opened a dojo on the Sumida River in Tokyo, and a swimming pool such as the University of Tokyo was also opened. In 1900, the Japan Swimming Research Group was established to unite each school. It cannot be overlooked that in 1898 the Mizufu-ry Ota Dojo and foreigners living in Yokohama held a swimming competition at Yokohama Nishi Wharf, and the Ota faction won, and interest in swimming grew.

Even in ancient Indian literature, Krishnagopi's swimming sports are famous everywhere. The meeting where Duryodhana hit the bottom of the water with the force of Kumbhaka to avoid the blow of Bhima's mace is famous. Even in countries like Egypt, bathing in the river was considered a sacred ritual. From this, we can see that in earlier times people could swim.

Physical activity has decreased during the modern age of science. Life has become stressful. Physical and mental health is deteriorating. Therefore, sports and physical education are getting more important. Yet the movement, strength, power, exercise, sports, racing, PT, etc. There are many misconceptions about physical education, which have been termed in different terms depending on the chronology.

In modern times the level of swimming sport has become widespread. Swimming is organized in four types in national and international sports etc. There are also some competitions where all four are included. The forms of swimming sport are as follows- Freestyle swimming, Backstroke swimming, and Butterfly. Freestyle swimming in this type of swimming, first the right arm and then the left arm moves back and forth while cutting through the water. Backstroke swimming: Under this, the method of swimming on the back is used. Breast Stroke Swimming In this type of swimming, the swimmer moves forward on the chest while operating both hands. Butterfly swimming This type of swimming is similar to that of a butterfly. In this, the body is pushed forward with the help of hands and feet.

In swimming, all swimmers jump into the water with their legs folded when the referee blows the whistle. With this, the swimming game begins. In backstroke swimming and other swimming races, the referee blows a long whistle. All the players jump in the water and start showing performance in the swimming game. Along with this, no player is forbidden to touch the wall of the pond or any other object in the swimming game. Swimming-related clothing called swimming costumes is also made mandatory. In which opaque clothing or dress, goggles, and cap are included. Swimming support tubes are prohibited in swimming sports competitions.

Swimming refers to the practice of swimming on the surface of water or underwater. In modern times swimming is an individual or team sport that requires the use of arms and legs to move the body through the water. The game takes place in a pool or open water (for example, in the sea or lake). Competitive swimming is one of the most popular Olympic sports, with various distance events in the butterfly, backstroke, breaststroke, freestyle, and individual medley. In addition to these individual events, up to four swimmers can participate in either the freestyle or medley relay. A medley relay consists of four swimmers who each swim a different stroke. Each stroke requires a set of specific techniques for swimming, and in competition, there are different rules regarding what is acceptable for each stroke. There are also rules on what types of swimsuits, caps, jewelry, and injury tape are allowed in competitions. Although competitive swimmers can develop multiple injuries from sports, such as tendinitis in the shoulders or knees, there are also many health benefits associated with the sport. Currently, in addition to swimming, the competition is rhythmic swimming. The diving competition in water polo in rhythmic swimming is also included in the swimming competition.

Synchronized swimming (renamed artistic swimming in July 2017 by the global governing body FINA), is a hybrid form of swimming, dance, and gymnastics, with a synchronized routine (either single, doubles, mixed doubles, free team, or free). Swimmers performing include a) combination, and

highlight) Elaborate moves take place in the water, accompanied by music. Synchronized swimming demands advanced water skills, and requires great strength, endurance, flexibility, grace, artistry, and precise timing, as well as exceptional breath control when upside down on the water. Swimmers may not touch the bottom of the pool during the routine.

In addition to a new mixed pair event, the FINA World Aquatics competitions are open to men since the 16th 2015 Championships in Cuba, and other international, national and provincial/state competitions allow male competitors in every event. However, currently, men are still barred from competing in the Olympics. The USA Synchro and Synchro Canada both allow males to compete with females. Most European countries allow men to compete. France allows men-only podiums according to the number of participants. More men are joining the sport in the last decade. Synchronized swimming is both team and an individual sport. Swimmers compete individually during figures, and then regularly as a team. Figures are made up of a combination of skills and positions that often require strength, control, and flexibility. Swimmers are individually ranked for this part of the competition. The routine involves teamwork and synchronization. It is choreographed to music.

Swim on the surface of the water and flip (kicking) alternately with your left and right hands. It was developed from the breaststroke, and it is said that in 1863, the British Trajan J. Trudgen swam in Argentina and developed the scissor-toed Trazian stroke, which was introduced in Japan in 1915. Also, based on the swimming of the indigenous peoples of the South Pacific Islands, the Cavill brothers of Australia uncovered the Australian crawl using flapping feet, and it was shown in Europe in 1902. At the time, it was a two-beat swim. The method in which one stroke (one stroke on each of the left and right arms) was used to hit the foot twice, but this was later improved to four beats in the United States, and different techniques were used. Now mainly performed to six beats. This crawl is also called freestyle. In freestyle, which does not limit swimming methods, swimming is fastest in a crawl, but freestyle in a medley must use a crawl.

The swimming of the first Olympic Games was only the 100 m freestyle, and the race was held at sea, but in the second Paris Games was 200 m (220 yards), and the backstroke was added. In the 3rd St. Louis Tournament, American C Daniels won 4 freestyle events in the 200 m and 400 m, and in the 5th and 7th tournaments Kawanamoku of Hawaii won gold, but the crawl swimming method was completed. In 1922, Weissmüller set a world record of 57 sec 4 in the 100 meters and won five gold medals at the Olympic Games through the 8th Paris Games in 2012 and the 9th Amsterdam Games in 2016. In Japan's 8th tournament Katsuo Takashi finished 5th in the 100m and 1500m and finished third in the 100m in the 9th competition. Weissmuller set a time of 59.0, which is less than a minute in the Paris tournament, but 52 years later, the winner of the 21st Montreal Games in 1976, J.J. of the United States. Montgomery's record was 49.99.

Currently, there are a total of 14 freestyle races at the Olympic Games: men's 50 m, 100 m, 200 m, 400 m, 1500 m, 400 m relay, 800 m relay, and women's 50 m, 100 m, 200 m, 400 m, 800 m, 400 m relay, 800 m relay. The 1500 meters is closely related to Japanese athletes, with 14-year-old Kusuo Kitamura winning the gold medal at the 10th Los Angeles Games in 1932, and soon after World War II, Hironoshin Furuhashi and Shiro Hashizum set a world record each time. Swimming was rewritten. Since then, Tsuyoshi Yamanaka has been playing brilliantly in the Olympics. At the 1980 Moscow Olympic Games, V. Salnikov (former the Soviet Union) broke the 15-minute barrier at the 1500 meters to set a new world record of 14:58:27. His swimming was a powerful 4-beat swimming style. As of 2008, the men's 100 m world record for the long waterway is 47.05, set the same year by E. Sullivan (Australia), the 200 m for M. Phelps (USA), 1:42.96, and I. 400m for Thorpe. G Hackett (Australia)'s 3 min 40 s 08,800m and 1500m G Hackett (Australia) is 7 min 38 s 65, 14 min 34 sec 56.

CONCLUSION:

In the olden times, children used to jump into the ponds present in the village to learn to swim. Even today, in many towns of India, small children learn to swim on their own in ponds. Today, along with a means of entertainment in general, swimming is also helpful in keeping the body fit. Swimming competitions organized at the international and national levels reveal the broad future of this sport.

Being able to swim opens many avenues for future employment. Examples of occupations include lifeguard, swim teacher, competitive swim coach, and rescue swimmer. Many other careers that are not focused on swimming involve that skill, such as underwater photography and marine biology. Some branches of the military such as the Navy and Coast Guard also require swimming tests. The nature of the swimming sport, which has been going on since ancient times, has changed a lot in modern times. The possibility of further changes in this in the future cannot be ruled out.

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