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## **EFFECT OF BUBBLING TRAINING ON THE BREATHE HOLDING CAPACITY OF THE SWIMMERS IN CHANDRAPUR DISTRICT**

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### **Abstract :**

The procedure of bubbling while swimming assists swimmers with breathing appropriately. At the point when you swim, you breathe in through your mouth when your face is above water and breathe out through your mouth or nose when your face is submerged. Fledglings regularly alarm during the submerged stage and pause their breathing. By breathing out a constant flow of air pockets as you swim, you can stay away from this kind of pressure and spotlight on execution. Breathing inappropriately isn't only an amateur 'thing.' Many halfway and progressed swimmers don't have the legitimate breathing procedure, regularly pausing their breathing submerged and causing themselves superfluous strain. The specialist in above investigation contemplated the impact of preparing of rising on the breath holding limit. For the examination the understudies were picked haphazardly and broke down by measurable techniques. The critical impact of the foaming preparing was closed after the investigation. The analyst picked the swimmers. In this investigation the understudies were picked haphazardly having age bunch between 21 to 25. In the wake of breaking down the information by factual techniques it tracked down that foaming preparing has significant impact on the swimmers.

**Keywords** – Swimming, Bubbling, Breathing activity, Air pockets, Techniques, investigation, Significant impact

### **Introduction :**

Swimming is the self-impetus of an individual through water, or a fluid substance, normally for diversion, game, exercise, or endurance. Velocity is accomplished through facilitated development of the appendages and the body. People can pause their breathing submerged and embrace simple train

swimming promptly after birth, as an endurance response. Swimming is reliably among the top public sporting activities, and in certain nations, swimming exercises are a mandatory piece of the instructive curriculum. As a formalized game, swimming highlights in a scope of neighborhood, public, and

global contests, including each cutting edge Summer Olympics.

Gurgling movement in swimming - Blowing Bubbles Teaches Exhaling: Blowing rises out of your mouth is the forerunner to breathing out submerged. Fundamentally, at whatever point your face is in the water, you need to breathe out continually and easily. Breathing out discharges any strain that your body has developed and assists your body with holding back from worrying any longer. You can breathe out through your mouth or through your nose or both. Attempt to make a smooth consistent stream of air pockets.

Try not to Spray, Bubble: Breathing for free-form includes breathing out a steady stream of air pockets through your mouth or nose into the water, aside from when you turn your head out of the water and breathe in. Since individuals aren't normally agreeable submerged, the propensity is to breathe in when their heads are above water and afterward pause their breathing for a stroke or two. They delay for as long as possible to breathe out a major pocket of air into the water, which brings about a splash. Percolating submerged urges you to continuously deliver air. When you lift your head out of the water, you're loose and prepared to breathe in.

**Abundance Carbon Dioxide:** When you swim, strain is your foe. On the off chance that you pause your breathing, your body starts to worry. An insufficiency of oxygen is coordinated by

an increment in carbon dioxide in your lungs and circulatory system, which triggers the distress to slowly inhale. In case you're breathing out a constant flow of air pockets while swimming, the CO<sub>2</sub> doesn't develop in your framework and you will not feel the nervousness of going after the following breath. On the off chance that you attempt to breathe in and breathe out while your head is above water, you're crushing one such a large number of activities in a short window of time.

**Weave and Bubble:** You can perform activities to develop more happy with breathing air pockets submerged and work on your method. Bouncing, where you sink submerged and gradually breathe out a surge of air pockets through your nose and mouth, is an approach to develop acquainted with breath control. At the point when you get back to the surface, breathe in and afterward sink once more into the water and breathe out once more. As indicated by Olympic swimmer Janet Evans' book "Janet Evans' Total Swimming," Evans utilized an activity in which she clung to the pool's edge, breathed in profoundly and afterward lowered her head and body submerged. Then, at that point, she'd blow the air out of her nose, purging her lungs by means of rising before she surfaced. The strategy is a basic, yet viable approach to master foaming.

Sink and afterward swim: The ensuing stage subsequent to bouncing is to figure out how to sink and remain at the lower

part of the pool while breathing out bubbles. By becoming alright with being submerged, you can check the regular impulse to worry. Start by staying afloat at the profound finish of the pool and breathing out the air out of your lungs. Loosen up the muscles in your body, envisioning that you're subsiding into a padded couch. Permit yourself to sink straight down in a sluggish and controlled way, proceeding to breathe out. At the point when you arrive at the lower part of the pool, breathe out until you need to calmly inhale and afterward ascend to the surface. Work on sinking a few times. Then, attempt to sit or lie on your back on the lower part of the pool, extinguishing bubbles.

The study reveals that-

Hough, considered the impact of preparing on the exhibition of swimmers. The swimmers were given the gurgling preparing half a month. After the preparation for swimming it found that there was an improvement in the exhibition of the swimmers.

Natural impacts of drenching in water up to the chest or higher can worked on lymphatic pressure, venous pressure, expanded focal blood volume, expanded heart volume, expanded oxygen conveyance, expanded blood stream, offloading of body weight, diminished joint pressure with development (Lepore, Gayle and Stevens 2007).

Kay Latto (1981) showed that swimming is extremely high on the rundown of well known exercises accessible to

intellectually debilitated individuals. The sporting, instructive, and restorative worth of water has for quite some time been perceived (Lepore, Gayle and Stevens 2007). Numerous writers and articles portray that the water climate can be utilized for restoration, treatment, guidance, instruction, relaxation, rivalry, and entertainment. Moreover, Physiological, mental, and social advantages can be acquired from swimming. It likewise give singular worth a chance to a long lasting sporting outlet with companions and family (Paul Jansma 1988 p.312). Significant objectives of a swimming system for understudies with disabilities incorporate appreciating water exercises, figuring out how to swim, and working on swimming execution

**Methodology-** The researcher has described the design of the study in detail. The size and selection of the sample, the variable and the control employed the sources of data, the tools and the method of gathering data, the description of data gathering instruments and the statistical process used in the analysis.

**Sources of Data-** The researcher did the data collection through the Inter collegiate students in Chandrapur District.

**Selection of Subject-** The study was done about the effect of training of bubbling on breathe holding capacity of swimmers. The researcher selected the 20 students randomly from the Inter



collegiate students Chandrapur. Their ages varied from 21 to 25 years.

**Collection of Data-** The researcher chose the swimmers. In this study the students were chosen randomly having age group between 21 to 25. The researcher divided the students into two groups, the experimental group and control group. The pre and post test were done. The training program was only given to

experimental group. The training program was of six weeks.

**Procedure of measurement-** Wet Spiro meter

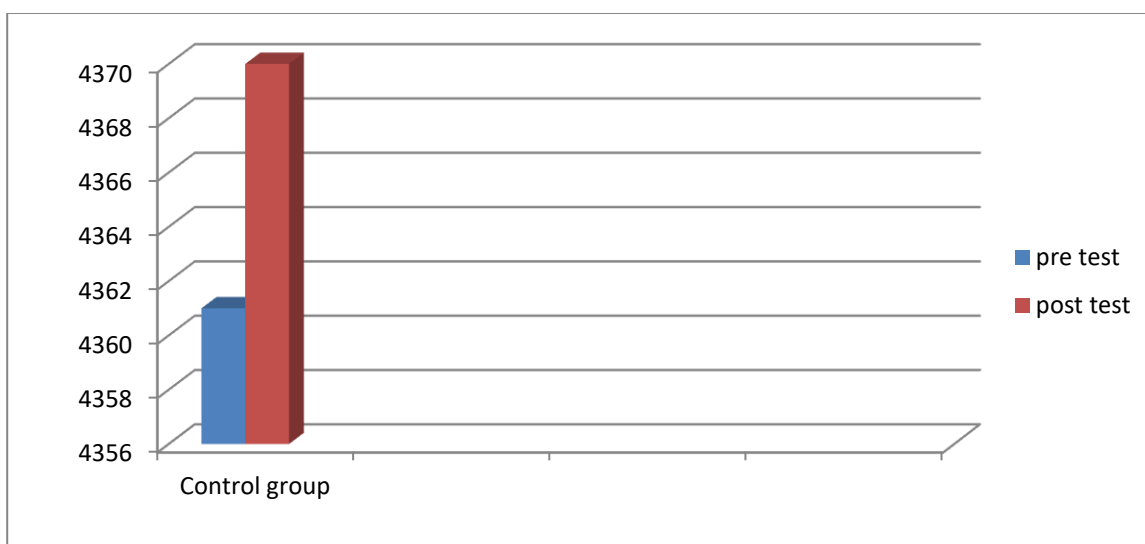
**Analyzing data-** The purpose of the study was to find the effect of training of bubbling on the breathe holding capacity of the swimmers. The experimental and control group were analyzed by statistical methods.

Breathe holding capacity between pre and post test of control group of age 21-25 years

Control group	Mean	S.D.	Comb S.E.	M.D.	D.F	C.T.	T.T
Pre test	4361	258.77	110.50	37	18	0.35	2.111
Post test	4370	234.75					

The above table indicates that there was no improvement in pre and post test of control group because no training was given to the students of control group.

Graphical representation of pre and post test of control group of age 21-25 years

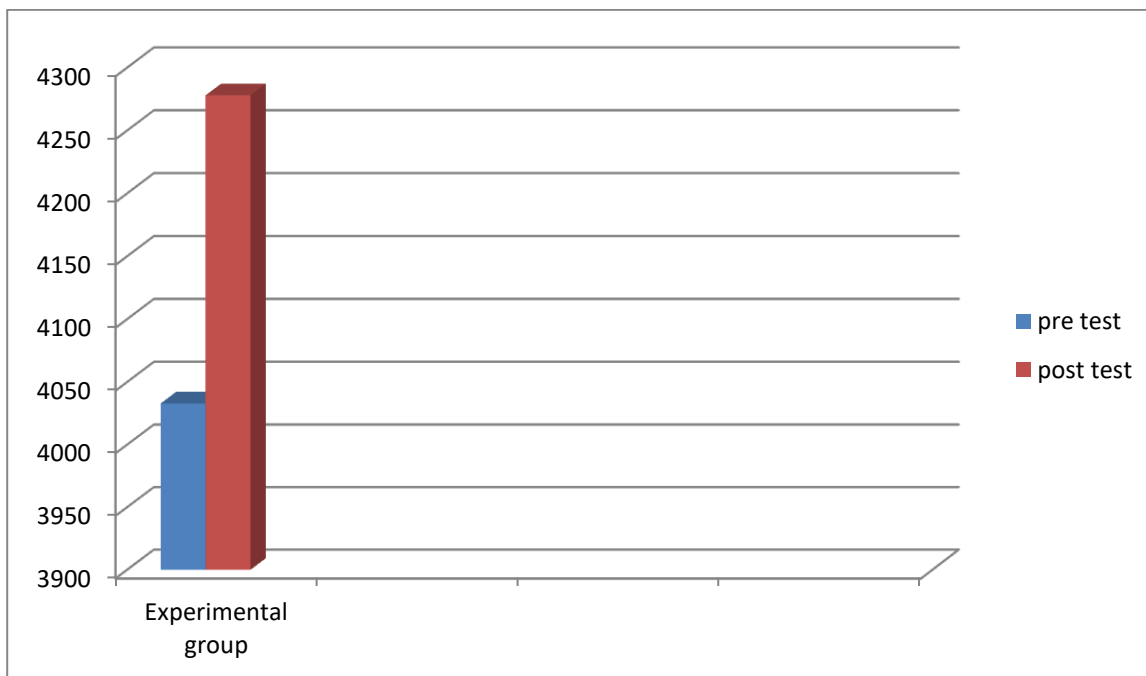


Breathe holding capacity between pre and post test of experimental group of age 21-25 years

Control group	Mean	S.D.	Comb S.E.	M.D.	D.F	C.T.	T.T
Pre test	4033	163.85	79.92	246	18	3.11	2.111
Post test	4278	187.15					

The above table indicates that there is significant effect on experimental group of post test after the six weeks bubbling training.

Graphical representation of pre and post test of experimental group of age 21-25 years



### Conclusion :

The procedure of bubbling assists swimmers with breathing appropriately. At the point when you swim, you breathe in through your mouth when your face is above water and breathe out through your mouth or nose when your face is

submerged. Amateurs frequently alarm during the submerged stage and pause their breathing. By breathing out a constant flow of air pockets as you swim, you can keep away from this sort of strain and spotlight on execution.

After the six weeks of training the data were analyzed by statistical methods it found that bubbling training has considerable effect on the swimmers. The control group had no improvement in breathe holding capacity because no training was given to them. The experimental group had significant effect on their breathe holding capacity because they were given the bubbling training for the six weeks.

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