

## BODY PROFILE SPECIFICITIES FOR ADVANCED ARTISTIC SWIMMERS

*Asia Stoycheva*

*Balkan cluster for Health, Wellness & Spa Tourism*

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### INTRODUCTION

Wellness practices include a healthy balance, positively cheerful radiation and active communication with nature (Dimitrova, 2014; 2018). On a pan-European basis, Wellness methodologies contribute to "... improving the quality of life of a European citizen ..." ("Charter of Fundamental Rights of European Citizens", EC, 2019). In recent years, the opening of Wellness sites in urban and holiday environments has seriously outpaced the development of the industry (Dimitrova, 2018.a). In order to build a knowledge-based economy, the urban and tourism Wellness Markets are in dire need of enhancing the potential of human capital through highly qualified Wellness Managers and Consultants. In this regard, the training in the program is aimed at acquiring interdisciplinary knowledge and specialized training in the problems of contemporary recreational modeling programs and Wellness methodologies. Combining them with a new generation of hardware kits with fully computerized backboards, with an Internet connection to use Skype and even online shopping (online shopping) during motor programs, enhances physical, emotional and intellectual wellness comfort. Customers are happy and excited about experiencing this rewarding activity that directly enhances their social and interactive Wellness lifestyle". The work-based work-based work-based work idea is based on the assumption that the action of the employees (A specific feature of the specialist author's acquisition complexes is their component continuum through area-directed muscular efforts that allow for modification of the trainee's needs or expectations (Nesheva, 2016; Tishinov et al., 2012). Dying from the specific joints with the support of the breathing and the ectopic velocity of the competitors tightens all the respiratory glands. Many of them lack the internal motivation and desire to be included in the cycles after a few trainings in the water (Tishinov et al., 2012.a; Trendafilov et al., 2013). Aquatic practices allow to the swimmers to continue to immerse their self in water, but even with straight heads out of the water. Thus, by using what is and is a motor activity - general,

specialized, or targeted, the body of the practitioners perfects their adaptation to water (Dimitrova, 2001; 2011; Albert et al., 2017; Nesheva, 2015). Those Facts motivate us to search new approaches for rising the interest, motivation and active position of swimmers to their water training (with aqua practices) and also defining indicators and the positive influence in their body and health status (Tishinov et al., 1987; Valev, 2019). All told to the point, we did not give an estimate for the following work hypotheses: The passionate generalizations of our experiences from the practice will lead to the development of specific models on the practice with a cognitive element, applicable to a large part of people.

## METHODS

**Aim** of this publication is to establish the influence effect of the authors' aqua model allowing a component continuum through zone-based modeling exercises in accordance with the needs for the preparation of synonyms for steady-state motive activity in water-based transparencies

The object of the study is the selfness and the potential of the specific functional development and emotional dynamics of the swimmers, students, the general practicers and their judgment for the applied aqua-methodology and the efficiency of the original aqua-model for the status of selfness

EXPERIMENTAL GROUP 1 (EG1) - Of 40 swimmers from Bulgaria and Turkey, which Increase their Implications, of all respondents from the experimental groups we realize an online Questionnaire survey (with the tool Google drive) for establishing their opinion for the training with the author aqua model, what emotional dynamic and respectively their selfness. We studying what information or knowledge for the positive effects of the aqua practices or applying with motor activity in water environment, and in particular aquatic practices. Estimated requirements for safeguarding in the experiment:

- Do not have sound problems;
- Perform good-faith breathing retention while performing the exercises in the author's aqua-model;
- Do not intend to record any time during the period for the experiment;
- To include in the daily we drink water on an individual dosage of 30 milligrams per kilogram weight (ml / kg) and compulsory ½ l during the aqua complex;
- Do not change your hospital habits.

## RESULTS

The descriptive analysis of the results of pedagogical experiment in the two groups of synchronists, as measured by the smart body assessment platform, is illustrated below.

**Table 1.** Descriptive trends for the experimental group of synchronists from the analysis of morphological parameters in the study before applying the author's aqua-model.

Показатели на експерименталната група в началото на периода	Ръст (см)	Тегло (кг)	Индекс висцерални мазнини	Маса мастна тъкан kg	Подкожна мастна тъкан BFR %	Ниво на Протеиново съдържание %	Индекс на Костна маса kg	Ниво на дневен калориен баланс BMR Kcal
<b>X</b>	165,3	59,0	9,1	14,4	24,8	15,8	2,4	1260,6
<b>S</b>	3,5	5,1	2,1	1,4	2,2	0,7	0,3	231,1
<b>Var</b>	2%	9%	24%	10%	9%	5%	14%	18%
<b>Ex</b>	-0,9	0,6	-0,4	-1,0	-0,3	-1,1	-0,1	0,7
<b>As</b>	-0,3	-1,1	-0,5	0,4	1,0	-0,6	-0,1	1,3
<b>Max</b>	171,0	67,0	12,0	16,8	29,1	16,9	2,9	1774,0
<b>Min</b>	159,0	47,0	4,0	12,3	22,5	14,4	1,6	1007,0
<b>R</b>	12,0	20,0	8,0	4,5	6,6	2,5	1,3	767,0

The variation analysis performed on the results obtained by the experimental group before and after the application of the author aqua model is systematized in Tables 1, 2 and 3. Thus, we established descriptive trends for the experimental group of synchronists.

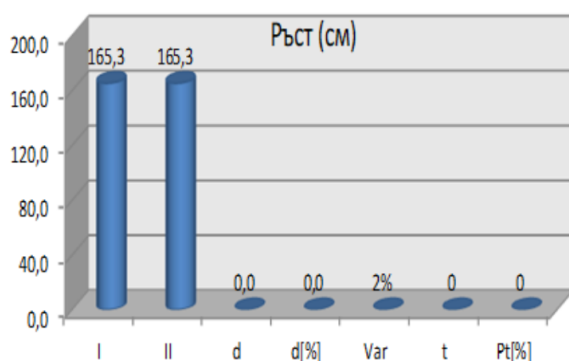
This analysis is necessary to show us the specifics in the morphological indices for selected competitors in artistic (synchronous) swimming. The data on the coefficients of variation (Var) (less than 24%), excess (Ex), asymmetry (As) have relatively low values and allow us to assume that the distribution of results is normal in nature.

**Table 2.** Descriptive trends for the experimental group of synchronists (EG1) from the analysis of morphological parameters in the study after applying the author's aqua-model.

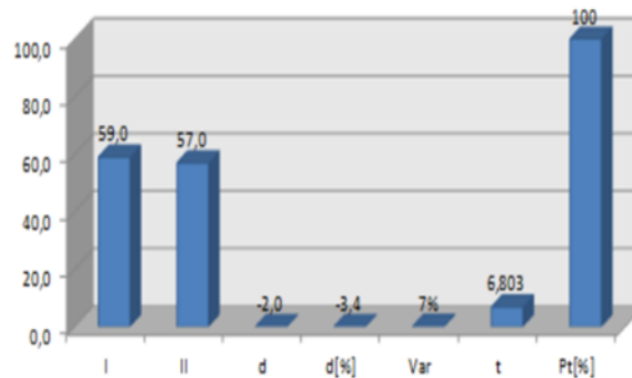
Показатели на експерименталната група в края на периода	Ръст (см)	Тегло (кг)	Индекс висцерални мазнини	Маса мастна тъкан kg	Подкожна мастна тъкан BFR %	Ниво на Протеиново съдържание %	Индекс с на Костна маса kg	Ниво на дневен калориен баланс BMR Kcal
X	165,3	57,0	9,5	12,8	22,7	16,6	2,4	1323,6
S	3,5	4,1	2,3	1,1	1,1	0,8	0,3	242,6
Var	2%	7%	24%	9%	5%	5%	14%	18%
Ex	-0,9	-0,5	-0,4	0,4	1,5	-1,1	-0,1	0,7
As	-0,3	-0,3	-0,5	0,9	0,9	-0,6	-0,1	1,3
Max	171,0	65,0	12,6	15,8	26,1	17,7	2,9	1862,7
Min	159,0	49,0	4,2	11,3	20,7	15,1	1,6	1057,4
R	12,0	16,0	8,4	4,5	5,4	2,6	1,3	805,4

## DISCUSSION

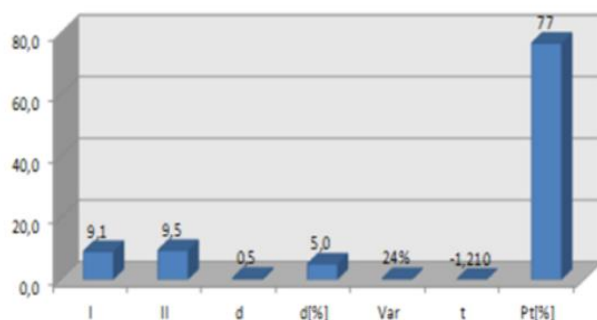
Table 2 shows the calculated morphological indicators that guide our research interests in the analysis. Of particular interest are the weight, the mass of adipose tissue, the subcutaneous adipose tissue and the level of protein content.



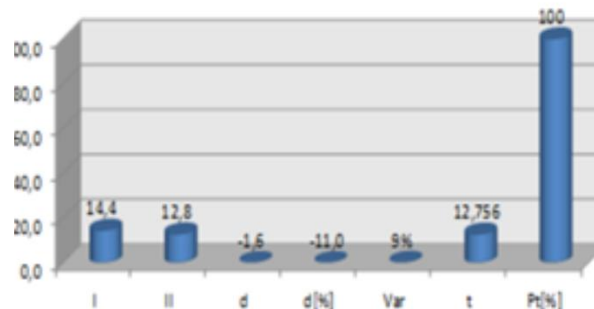
**Fig 2.** Height EG1



**Fig 3.** Weight EG1



**Fig 4.** Visceral fat index EG1



**Fig 5.** Mass fat EG1

The same conclusion applies to bone mass index, while for indicators for which there is a significant increase, it is particularly useful for the physique of the competitors, as it is negative and has a positive effect on sports training. It should be borne in mind that the visceral fat index in Fig. 4 shows a minimal positive increase with no significant effect.

This conclusion is reached after comparing the indicators in figure 4 - visceral fat and figure 5 - mass of fat, as fat throughout the body shows a significant increase with a negative result and indicates a greater impact on sports performance.

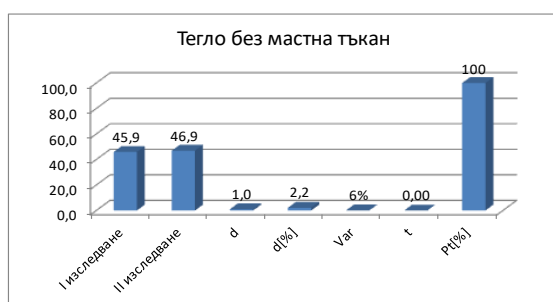


Fig. 6



Fig. 7

The data on the coefficients of variation Var. (below 13%), excess Ex, asymmetry. As have relatively low values and allow us to assume that the



distribution of results is normal in nature.

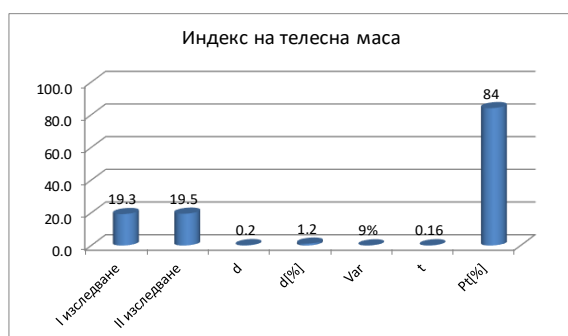


Fig. 8

Fig. 9

In the indicators weight without fat (Fig. 6), weight of muscle mass (Fig. 7) and percentage of muscle mass (Fig. 8) and the index of body weight (Fig. 9), the gains were positive with significant statistical character

Fig. 10

Fig. 11

The increase in the percentage of water in the body of the athlete figure 10 is 8.3% and, respectively, on the body evaluation 11, 3% is statistically significant, as well as the body assessment obtained from the study with the apparatus.

## CONCLUSIONS

In conclusion, based on the conducted research, the following implications can be drawn:

1. Contradictory of our expectations, most of the researched swimmers (32.21%) are with under-weight, with normal weight (61.13%), and in position for upper weight 6,6%.
2. The establishment of valid expectations and reconditions, convention for healthy lifestyle, give motivation to the swimmers for long-term occupations with aqua practices, and even more often.
3. Our research establish the low motivation of the Bulgarian swimmers (on artistic swimming) for regular applying of aqua practices and healthy life style.

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## CONTACTS

### Asia Stoycheva, PhD student

Faculty of Public health, Health care and Tourism,  
National Sports Academy "V. Levski"  
Email: assia16@gmail.com