

# The impact of swimming with traditional fins on the advancement of underwater sports in the region

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## Abstract

**Objective of the study** was to assess the influence of the advancement of the discipline of swimming with traditional fins on the growth of underwater sports in the Krasnoyarsk region.

**Methods and structure of the study.** The examination of information from literary sources and methodological materials on underwater sports is conducted. Additionally, an analysis of the performance of athletes from the Krasnoyarsk Region in the period between 2021 and 2023 was performed.

**Results and conclusions.** Since 2006, the sport of swimming with traditional fins has been incorporated into the program of scuba diving competitions. This was done to encourage athletes to engage in scuba diving and to expand the participation of countries in international competitions.

It has been observed that in the past decade, there has been a substantial rise in the number of competitors in both Russia and abroad.

A comparative study of the performance of athletes in the Krasnoyarsk Territory has revealed that the number of athletes participating in underwater sports has remained relatively stable over the past three years. The results of swimmers in the monolayer discipline have declined significantly over the past six years. Conversely, the results in swimming with classical fins have improved over the same period. Examining the evolution of underwater sports in the Krasnoyarsk Territory, it is evident that swimming with classical fins has contributed to the advancement of underwater sports in the region. However, coaches and the management of sports clubs should prioritize the disciplines of monolayer swimming, as there has been a noticeable decline in performance in these areas.

**Keywords:** *scuba divers, underwater sports, medal standings, competitions, swimming in classical fins, swimming in fins.*

**Introduction.** Underwater swimming is a rapidly developing sport. The basis of underwater swimming is the athlete's immersion and swimming on the surface of the water for a certain period of time using a monofin. Also, underwater sports are characterized by descents under water using special equipment, tools, apparatus and gear [1, 2]. In 2006, the discipline of swimming with classic fins was included in the program of underwater sports. Swimming with classic fins is a type of swimming on the stomach, in which the strokes of the left and right sides of the body alternate. Each arm makes a wide swing along the axis of the swimmer's body, during which the legs, in turn,

also rise and fall alternately. The athlete's face is in the water. The athlete breathes through a snorkel, and separate fins are put on the legs.

**Objective of the study** was to assess the influence of the advancement of the discipline of swimming with traditional fins on the evolution of underwater sports at the local level.

**Methods and structure of the study.** The examination of information from literary sources and methodological materials on underwater sports is conducted. Additionally, an analysis of the performance of athletes from the Krasnoyarsk Region in the period between 2021 and 2023 was performed.



Results of the study and discussion. Underwater swimming is a dynamically developing sport. To date, underwater sports are not included in the Olympic Games program. However, the World Underwater Activities Confederation (CMAS) is recognized by the International Olympic Committee (1986). In recent years, CMAS has made a lot of efforts to include finswimming in the Olympic Games program. In 2013, at the World University Games in Kazan, finswimming was presented as a demonstration program. Since 2014, International Student Finswimming Competitions have been held annually. In 2015, finswimming was also presented at the European Games in Baku as a demonstration program [3]. One of the most important steps in the development of underwater sports was the introduction of classic finswimming into the competition program in 2006. This allowed many athletes involved in regular swimming to take part in underwater sports competitions, which immediately affected the level of training. Considering that the level of development of underwater sports in the Krasnoyarsk Territory has not yet been studied, we conducted a comparative analysis of the generalized data obtained when studying the dynamics of the number of athletes involved in underwater sports for the period 2021-2023 (Figure 1) and the overall medal count at the Russian Championship in different years (Figure 2, 3, 4).

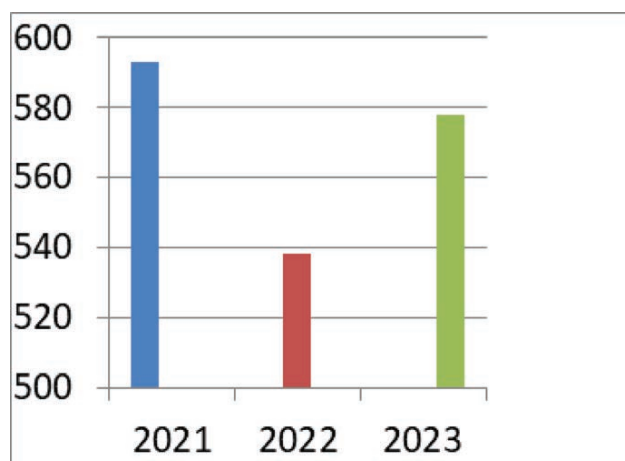


Figure 1. Number of athletes involved in underwater sports at different times

In 2021, the number of athletes involved in underwater sports in the Krasnoyarsk Territory was 593 people, in 2022 – 538 people, in 2023 – 578 people.

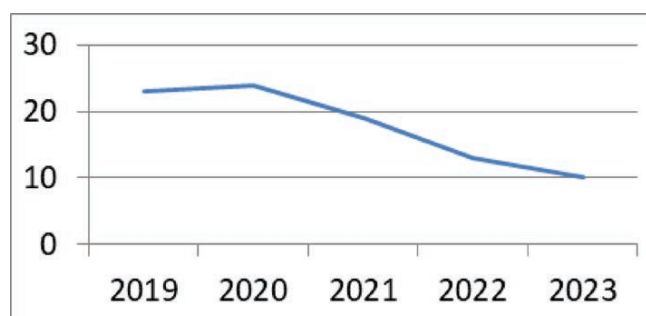


Figure 2. The number of medals won by the Krasnoyarsk Territory team in different periods of time

The number of medals won by the Krasnoyarsk Territory underwater sports team in 2019 was 23, in 2020 – 24 medals, in 2021 – 19 medals, in 2022 – 13 medals, in 2023 – 10 medals.

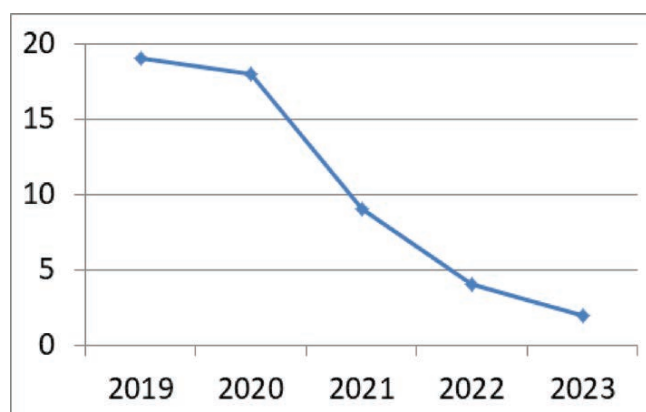


Figure 3. The number of medals won by the Krasnoyarsk Territory national team in the finswimming discipline for different periods of time

The number of medals won by the Krasnoyarsk Territory national team in the discipline of finswimming (swimming with monofins) in 2019 was 19, in 2020 – 18 medals, in 2021 – nine medals, in 2022 – four medals, in 2023 – two medals.

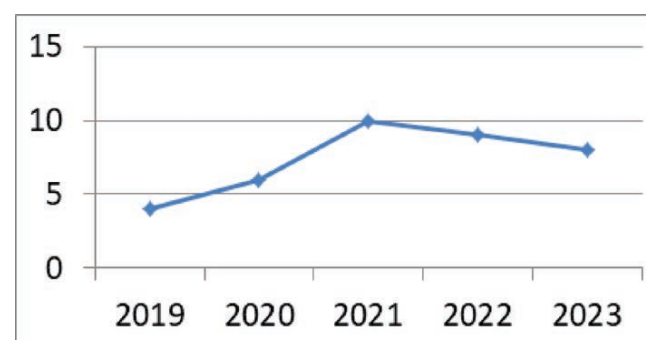


Figure 4. The number of medals won by the Krasnoyarsk Territory national team in the finswimming discipline for different periods of time



The number of medals won by the Krasnoyarsk Territory team in classic finswimming in 2019 was four, in 2020 – six medals, in 2021 – 10 medals, in 2022 – nine medals, in 2023 – eight medals.

Based on the results of the study, it can be concluded that the number of athletes involved in underwater sports in 2021 is greater than in 2023. The total number of medals of the 2020 Russian Championship is significantly higher than in 2022 and 2023. The largest number of medals of the Russian Championship in monofin swimming disciplines were awarded in 2019 and 2020. However, the level of classic fin swimming in the Krasnoyarsk Territory has increased significantly in recent years, with the highest medal counts in 2022 and 2023.

**Conclusions.** The growth of achievements in underwater sports is largely determined by the constant improvement of methods for training qualified athletes. However, new disciplines introduced in 2006 into the competitive program for underwater sports have made their own adjustments. The total number of participants, regions, and countries has undoubtedly increased. However, the results of monofin swimming in some regions have significantly decreased.

A comparative analysis of the competitive activity of athletes in Krasnoyarsk Krai showed that the number of athletes involved in underwater sports has remained virtually unchanged over the past three years.

The results of divers competing in the discipline with a monofin have significantly decreased over the past six years. At the same time, the results in classic fin swimming, on the contrary, have increased over the past six years.

If we look at the development of underwater sports in Krasnoyarsk Krai as a whole, we can say that classic fin swimming has had a positive impact on the development of underwater sports in this region. However, coaches and management of sports clubs should pay more attention to monofin swimming disciplines, since a significant decrease in results is observed in these disciplines.

### References

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