

signment and intelligent correction, and the application of image recognition, natural language processing, data mining and other technologies. Through this product, AI connects students, parents, teachers, schools and other educational participants, by breaking down the information barrier between participants. At the same time, assisted instruction products are more objective in intelligent marking. Compared with manual correction, intelligent correction faster, correction results more detailed, more objective. Recommended products and corrects smart + exercises can help teachers to students homework points learning analysis, offering personalized learning analysis report, to offer a whole learning class analysis report, while improves the accuracy of grading, save human resource, save the teachers and parents, school of communication time.

Nowadays, the application of artificial intelligence has become a consensus in China's education industry. The development of education industry shows a trend from off-campus to in-school and from junior middle school to higher education. Initially, after-school tutoring agencies began to use artificial intelligence to reduce teachers' labor costs and build a competitive edge. Under the impact of the epidemic, more and more public schools have started to cooperate with AI companies to develop or use online education platforms based on big data and artificial intelligence to facilitate students' online learning under the epidemic. The initial application of artificial intelligence in China is mostly in the field of K12. For example, Squirrel AI focuses on intelligent personalized tutoring and education in the K12 field, and has opened more than 1,800 offline learning centers across the country. Higher education, and universities in particular, are also beginning to change their attitude towards AI. Professors and students have gradually adapted to online classes, intelligent correction, learning situation analysis and other functions during the epidemic. The online education platform of universities has evolved from a single online course platform in the past to an intelligent learning platform that integrates academic resources, promotes communication between teachers and students, and focuses on teaching students according to their aptitude.

In the future, it can be seen that the development of Chinese education is moving towards an intelligent era. Artificial intelligence saves teachers' precious human resources and improves the efficiency of the whole education process. Most importantly, the promotion of artificial intelligence promotes the fairness of education to a certain extent. Therefore, the development of artificial intelligence in education is extremely important for China, a country with a population of more than 200 million students in school.

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THE MEANING OF IMPROVING SWIMMING TECHNIQUES

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Summary. *Swimming, from the first Olympic Games in 1896, has been included in the official Olympic sports. Swimming is not only the foundation of the Olympic competition, but also the old and young salty, healthy popular sport, with many enthusiasts all over the world. With the development of the times, swimming is no longer exclusive to summer, all year round people can experience the joy of swimming in the indoor pool. Learning swimming is really important for us. This test introduces the meaning of improving swimming technology.*

Swimming is a sport with water as the environmental medium, which belongs to the sports of physical ability to lead the competitive competition. The resistance of the human body to overcome in the water is far greater than the land project, so to swim faster in the water, not only to increase the physical reserve, improve the level of human function quality to improve the thrust, but also in the water to control the body posture, have a good technical

rhythm to reduce resistance. Therefore, both beginners and athletes, action posture and technology are the key. And the techniques we have to learn are all that need to be learned and understood in water to better master fluid mechanics.

Enhance the meaning of swimming technology.

Swimming is an excellent sport for health, wellness and competition.

The implications of improving swimming techniques include the following:

1. To ensure the safety of life, every year we can see a large number of drowning deaths, accidents often come too late to prevent, do not feel that this matter is far away from us, prevention before they happen. Learning to swim can save lives in times of crisis. Many countries in the world will swim as a compulsory sport for students, our country is also advocating and in some regions, swimming as a secondary examination items.

2. Enhance the heart muscle function, because of the resistance and pressure underwater, swimming needs to use more energy, so that the heart rate is accelerated, the heart output increases. Adhere to long-term swimming exercise, the volume of the heart is increased in motion, heart muscle contraction is strong, resting heart rate slows down, the output per beat increases, the blood vessel wall thickens, elasticity increases, the efficiency of the cardiovascular system is improved.

3. Enhance resistance, the pool temperature is generally around 26 degrees C to 28 degrees C, underwater energy consumption, heat dissipation fast, in order to supplement the body as soon as possible to distribute heat for the need for heat and cold balance, the nervous system will quickly react, so that the body metabolism accelerated, enhance the body's ability to adapt to the outside world, resist the cold. Regular winter swimmers, because of the improvement of temperature regulation function, it is not easy to catch a cold, but also improve the body secretion function, so that the pituitary function increased, thereby improving resistance to disease and immunity.

4. Effective decompression, modern people more or less have depressed times, from life pressure, work pressure. And the appropriate sports to drive the physical and mental euphoria, thereby alleviating the negative emotions brought about by running, playing, fitness is easy to produce fatigue, not easy to stick to, but swimming will not, in the underwater exercise, people are not easy to feel fatigue, and sometimes even more excited, generally after landing will feel, so still pay attention to appropriate exercise

5. Weight loss shaping, swimming is a systemic exercise, can promote blood circulation of the whole b muscles, in the water rowing, the muscles of all parts of the body can play a good role in exercise, massage, as to improve muscle strength and circumference, so that muscles more developed, can improve and improve the basic metabolic rate, conducive to weight loss. Adhere to long-term regular exercise, can make the body more and more upright and even skin more textured.

Table 1 – Swimmers

Shen Li	Japan Swimming Federation 1996.6 / New Rain Press
Wen Yuhong	Swimming Illustration 2007.3 / Beijing Sports University Press
Samual James Freas	Aquatic Gmes / ISHOF publications 1995
Emmett Hines	Fitness Swimming Human Kinetics publications 1999
Li Hua	Swimming Training Age Group Outline / People's Sports Press 2005.1
Bill Sweetenham	Championship swim Training /Human kinetics 2003
Rainer Mspecies	Successful Coaching Training /Human kinetics 2003
Dave Salo	The swim Coach bible /Human kinetics 2001