

Survey Research on the Current Situation of Parent-Child Swimming Teaching in Xi'an City

Fanfan Wang^{a,*}, Lingzhong Hou^b

School of Physical Education, Xi'an Shiyou University, Xi'an, China

^a250380978@qq.com, ^b63100949@qq.com

*Corresponding author

Abstract: Parent-child swimming is an aquatic exercise program in which parents swim with their children to enhance their relationship. Originating in the 1960s, it is based on the traditional infant swimming exercise, with the added element of communication and interaction between parents and children. Parent-child swimming can not only exercise to the physical fitness of infants and young children, but also promote the emotion between parents and children, parents have more time to participate in the growth of children. Parent-child swimming in China started late and is still in the initial development stage. By investigating some parent-child swimming training institutions in Xi'an, we analyze the status quo of parent-child swimming teaching at the present stage and make suggestions on its existing problems, so as to provide a theoretical basis for future investigators and researchers in this area as well as to provide suggestions for improving the standardization of parent-child swimming in Xi'an.

Keywords: Xi'an; Parent-child swimming; Teaching status

1. Introduction

Regular swimming for infants can improve intelligence, and infants' intelligence is exercised, improve the brain's dominant function of the body, and further improve the ability to respond to the outside world; it can also improve the function of the respiratory system and increase lung capacity; as well as improve physical fitness. With the rapid development of the domestic economy, the improvement of people's material standard of living has promoted mass consumption, making people's concept of health deeply rooted in people's hearts. In recent years, parents have become more and more advanced and scientific in raising their children. Under these factors, people value not only their own physical health, but also the health of infants and adolescents is more important, and parent-child swimming can not only exercise to the physical fitness of infants and young children, but also promote the emotion between parents and children, parents have more time to participate in the growth of children. Parent-child swimming in China started late, and is still in the initial development stage, with a slight lack of management mechanism and few training grounds to be strengthened. Many domestic scholars have also carried out theoretical research on domestic parent-child swimming. Jia Di pointed out in the article "Research on the status quo and development countermeasures of early childhood swimming teaching in Beijing" that it is necessary to increase the training of early childhood coaches, and to increase the publicity of parent-child swimming in a gradual and orderly manner^[1]. Li Juan pointed out in "Research on the supply and demand status and balance strategy of infant and child swimming in Beijing" that the training institutions of infant and child swimming should strengthen the training of coaches, rationalize the teaching methods and concepts, reassure the parents, make the children happy, and purchase insurance for coaches and parents^[2]. In this paper, the author conducted a field investigation on the teaching status of parent-child swimming training institutions in Xi'an, collected relevant information, selected appropriate methods for analysis, summarized the current situation of parent-child swimming teaching in Xi'an, analyzed the driving force and significance of its development, and put forward reasonable solutions to the existing problems, in order to further promote the healthy development of parent-child swimming in Xi'an.

2. Research object

The current teaching status of four parent-child swimming training institutions in Xi'an is the object

of study.

3. Research method

3.1. Literature method

The author used CNKI to search the literature materials related to this research, such as master and doctoral papers, journal papers, relevant conferences and news materials, and provided sufficient theoretical basis for this research through induction, summary and analysis.

3.2. Questionnaire survey method

After consulting a large amount of literature, searching for relevant information and professional books, following the method of sports research, and strictly following the design requirements of the questionnaire, we designed the "Questionnaire for Parent-Child Swimming Training Parents and Coaches in Xi'an City".

3.3. Fieldwork method

We visited four parent-child swimming training organizations in Xi'an to learn about their environment, water quality and water temperature, which provided a lot of basis for the completion of this study.

3.4. Interview method

Information was obtained through interviews with managers, parents of parent-child swimmers and coaches of some training organizations.

4. Results and Analysis

4.1. Current situation of parent-child swimming coaches in Xi'an City

4.1.1. Gender status of parent-child swimming coaches

Through the questionnaire, it is known that there are more male coaches than female coaches in each training institution, and the total number of female coaches is half of the total number of male coaches, which indicates that in the industry of parent-child swimming, the proportion of male and female coaches is slightly different, and it is mainly dominated by males, with fewer female coaches. Male and female coaches have their own teaching characteristics, and parents can choose coaches according to their children's character.

4.1.2. Current situation of the source of parent-child swimming coaches

Through visits and questionnaires, it is known that the parent-child swimming coaches of the four training institutions are mainly graduates of sports colleges and universities, graduates of other majors and retired swimmers. At present, there is a shortage of talents with higher education, and in order to have a better and long-term development of the parent-child swimming industry, it is necessary to cite higher-level talents to accomplish the innovation of theoretical knowledge and teaching methods.

4.1.3. Qualification status of parent-child swimming instructors

At present, parent-child swimming courses are based on the mature curriculum system of foreign countries, and the relevant qualification certificates are issued by foreign training institutions, such as the Swimming Association of Britain (SAT), the Light of Life Charitable Foundation (Birthlight), etc. The survey questionnaire revealed that 34 parent-child swimming instructors are qualified to teach parent-child swimming. Through the questionnaire, we know that 34 parent-child swimming instructors have relevant qualification certificates, which indicates that parent-child swimming instructors have teaching qualifications. The knowledge and skill training of parent-child swimming coaches in Xi'an is mainly external training, and coaches are not allowed to go into the water for 3 months, and they are only allowed to be assistant coaches.

4.2. Current situation of parent-child swimming teaching process in Xi'an City

4.2.1. Class fees for parent-child swimming teaching in Xi'an city

For the four training organizations in this survey, the price of a single lesson varies, due to the size of the pool, the configuration of the equipment is not the same, and the charge for each lesson is between 350 yuan to stimulate the parents' desire to enroll, in addition to having a single lesson rate, but also the use of the package of marketing methods, such as 10, 24, 48, 96 sessions. From the point of view of operating costs charged prices are reasonable, but stand in the consumption of this point of view, parent-child swimming charges are very high. It is because of some special characteristics of parent-child swimming decided to charge a high price.

4.2.2. Parent-child swimming teaching methods in Xi'an City

Through interviews, we learned that the teaching methods used by the four training institutions are mainly based on the explanation method and the practice method, assisted by teaching aids, singing and verbal encouragement.

4.2.3. Teaching Objectives of Parent-Child Swimming in Xi'an City

Through interviews, we learned that the teaching objectives are based on cultivating water, water sense, establishing independent consciousness, cultivating interactive consciousness, social consciousness, learning to share and trust, exercising infants' and children's bodies, enhancing physical fitness, cultivating interests, improving social skills, preventing diseases, learning some related skills, promoting the affection between parents and children, and the teaching objectives are different at each age stage, with 0-3 years of age focusing on cultivating water, and 4 years of age starting to teach skills based on breaststroke. And infants and toddlers under 4 years old should not learn swimming strokes too early, the execution and development of infants and toddlers can not support the learning of swimming stroke techniques.

4.2.4. Development of Parent-Child Swimming Instructional Programs in Xi'an City

Through interviews, it was learned that the four training institutions surveyed purchased the teaching systems of other training institutions and associations as reference for their teaching plans, combined the physical and mental qualities of Chinese infants and young children with the needs of their clients, and set up a professional team within the institution to improve and independently research and develop their teaching plans. Since parent-child swimming is introduced from abroad, the teaching plans of training institutions are formulated with reference to foreign associations and institutions, and there is no training institution in China that can be as influential as foreign training institutions.

4.3. The current situation of the teaching environment of parent-child swimming in the city

4.3.1. Regional settings of parent-child swimming training institutions in Xi'an City

Through interviews and questionnaires, it is learned that training institutions have their own areas with different characteristics, including early education area, book area, rest area, play area, viewing platform area and so on. The book area strengthens the development of infants' and children's brain power, the baby rest area gives full consideration to the physical development characteristics of infants and children, the low age sleepiness is the most time, the baby rest area allows infants and children to get a comfortable environment for resting, the outdoor play area improves infants' and children's interest, and the increase of the dining area meets the dietary needs of infants and children.

4.3.2. Parent-child swimming safety measures in Xi'an City

Learned through interviews, four training institutions have appropriate safety measures, emergency channels, life jackets, life buoys and paving non-slip mats which are necessary within the training institutions, in case of accidents can be timely in the implementation of timely help to the accidental personnel, and the trainers in the entry of the formal teaching before the first aid training in CPR for infants and young children, infants and young children after drowning rescue methods, but is not configured with an AED, which This will make in the case of sudden accidents, because the safety measures are not in place, and cause serious consequences. Preventing the occurrence of danger training institutions can allow parents and children to buy accident insurance, but the implementation of this method is not very satisfactory, most parents do not think there is a need to buy accident insurance and parent-child swimming instructors have not thought about this aspect.

4.3.3. Water quality and water temperature in parent-child swimming training institutions in Xi'an City

Through interviews and questionnaires, it was found that the resistance of infants and young children is weaker than that of adolescents and adults, so the requirements of the parent-child swimming training environment, such as water temperature and water quality, are much higher than those of adults; the water temperatures of the four training centers are maintained at 31°C-33°C, and the room temperatures are maintained at 26°C-28°C throughout the day. The main use of ozone + chlorine, 24 hours non-stop copper and silver ion disinfection, top copper and silver metal ion processor. Infant swimming pools must ensure that at least once a day to change the water, single pool must be a trainee to change the water. And during the opening of the pool should be regularly tested on the pool water quality. Infant swimming places are prohibited to use chlorine disinfectant for water treatment, usually choose polyhexamethylene arc disinfectant for infant swimming place disinfection.

4.4. Parents' survey

4.4.1. Motivation for choosing parent-child swimming training

According to the parent questionnaire, 35% of the parents chose parent-child swimming to enhance their children's physical fitness; 46% of the parents chose parent-child swimming to establish a good parent-child relationship with their children from childhood; 15% of the parents chose parent-child swimming to let their children develop a hobby from childhood in preparation for learning swimming skills; and 4% of the parents chose parent-child swimming for other purposes.

4.4.2. Ways of choosing parent-child swim training clubs

According to the questionnaire, 41% of the parents chose the parent-child swimming training clubs through the internet, 23% chose the parent-child swimming training clubs through the brochures of the parent-child swimming training clubs, 30% chose the parent-child swimming training clubs through the introduction of relatives and friends, and 6% chose the parent-child swimming training clubs through other ways.

5. Results and Recommendations

5.1. Conclusion

1) There is a big difference in the proportion of male and female parent-child swimming coaches in Xi'an, and the coaches are mainly swimming students graduated from sports colleges and universities, and there is a lack of professional parent-child swimming training coaches.

2) The cost of parent-child swimming training is not particularly appropriate. At present, most of those who are able to conduct parent-child swimming training are high-income families. For ordinary income families, parent-child swimming training is not the best and most acceptable choice.

3) Teaching methods are homogenized and lack novelty, with insufficient parental participation. Teaching objectives are set at an unstable level of difficulty. Infants and young children have poor understanding of language and need to be guided slowly by coaches and parents, and the teaching goals set are generally on the high side.

4) Parent-child swimming is introduced from abroad, and the teaching plans of training institutions are based on foreign associations and organizations as reference to make teaching plans.

5) The teaching environment and implementation conditions are relatively qualified. For the training of hardware measures are relatively perfect, the water temperature is generally higher than normal swimming pools, every day on the water hygiene treatment is also relatively clean, bathing and other supporting measures are relatively perfect. However, many parents did not buy accident insurance for their children, parents of trainees do not realize the importance of insurance and take a chance on safety.

6) Parent-child swimming training is not enough publicity, although the publicity of parent-child swimming training is more extensive, but the publicity is small.

5.2. *Suggestions*

1) These parent-child swimming training institutions need to increase the number of female coaches, improve the professional level of coaches, provide learning opportunities for coaches, and strengthen the specialized knowledge of infants and young children.

2) The cost of parent-child swimming training needs to be properly adjusted so that more families and people can join in the sport of parent-child swimming.

3) Relevant institutions need to constantly innovate their teaching methods. The characteristic parent-child swimming course should be developed by combining the new elements of The Times. It is necessary to establish the supply of high quality training mode and set the teaching objectives reasonably.

4) The government and sports departments should pay attention to the development of parent-child swimming, according to the development of domestic infant and toddler age group to set up domestic training institutions and teaching and research team.

5) Both hardware and software facilities need to be further improved. Under the premise of ensuring water temperature and hygiene, swimming facilities should be improved and venues should be reasonably arranged. Improving parent-child swimming sports insurance not only protects the interests of parents and students, but also helps parent-child swimming training institutions to reasonably avoid risks.

6) The promotion of parent-child swimming needs to be further strengthened. Through radio, television, Internet, brochures and other ways, let more people understand and participate in this sport, so as to actively promote the development and popularization of parent-child swimming sports.

References

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