

SEVASTOPOL STATE UNIVERSITY



Freediving

Subject: English
The presentation e by
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Пофк/м-3-1 groups

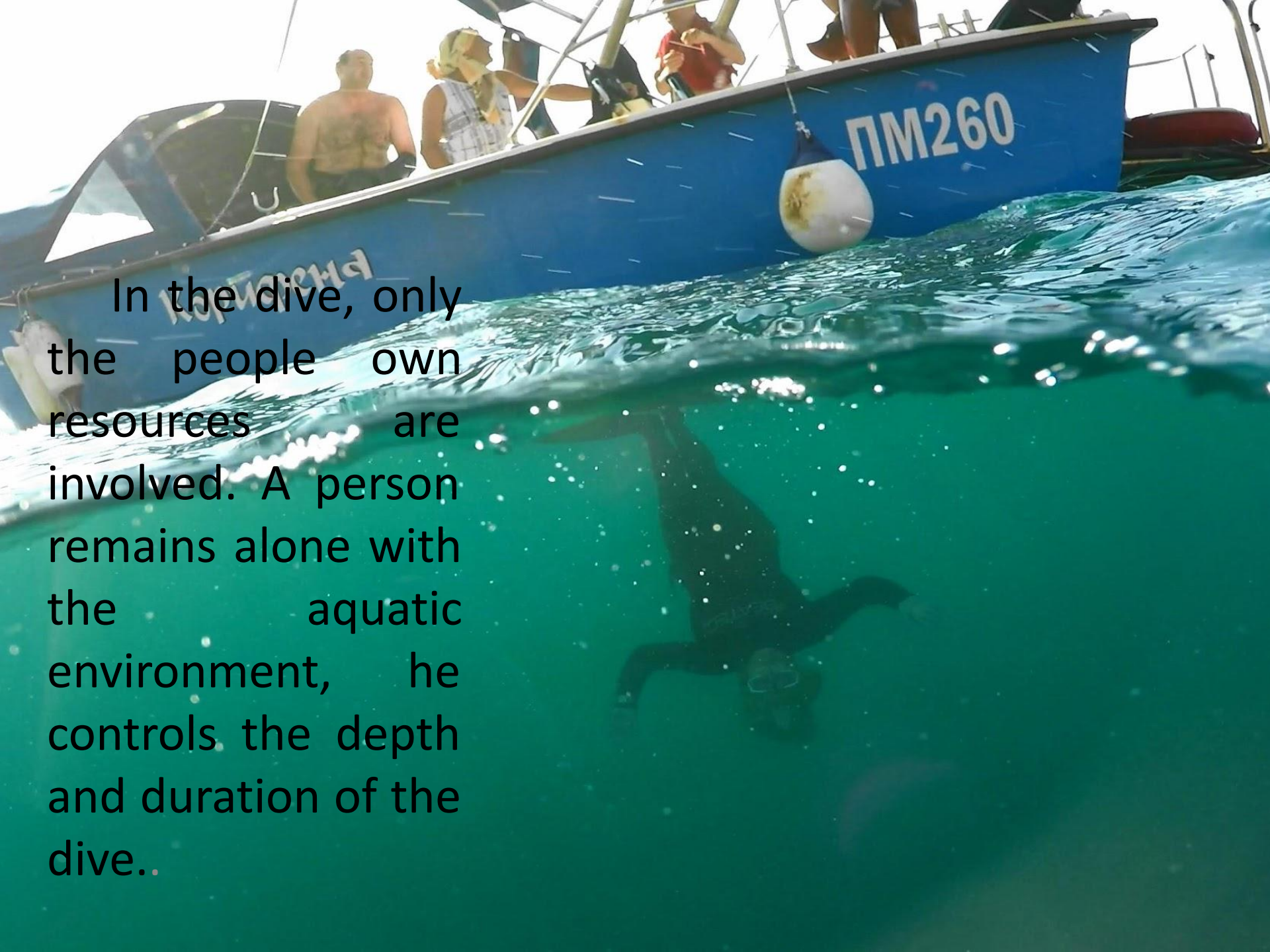
Sevastopol - 2020

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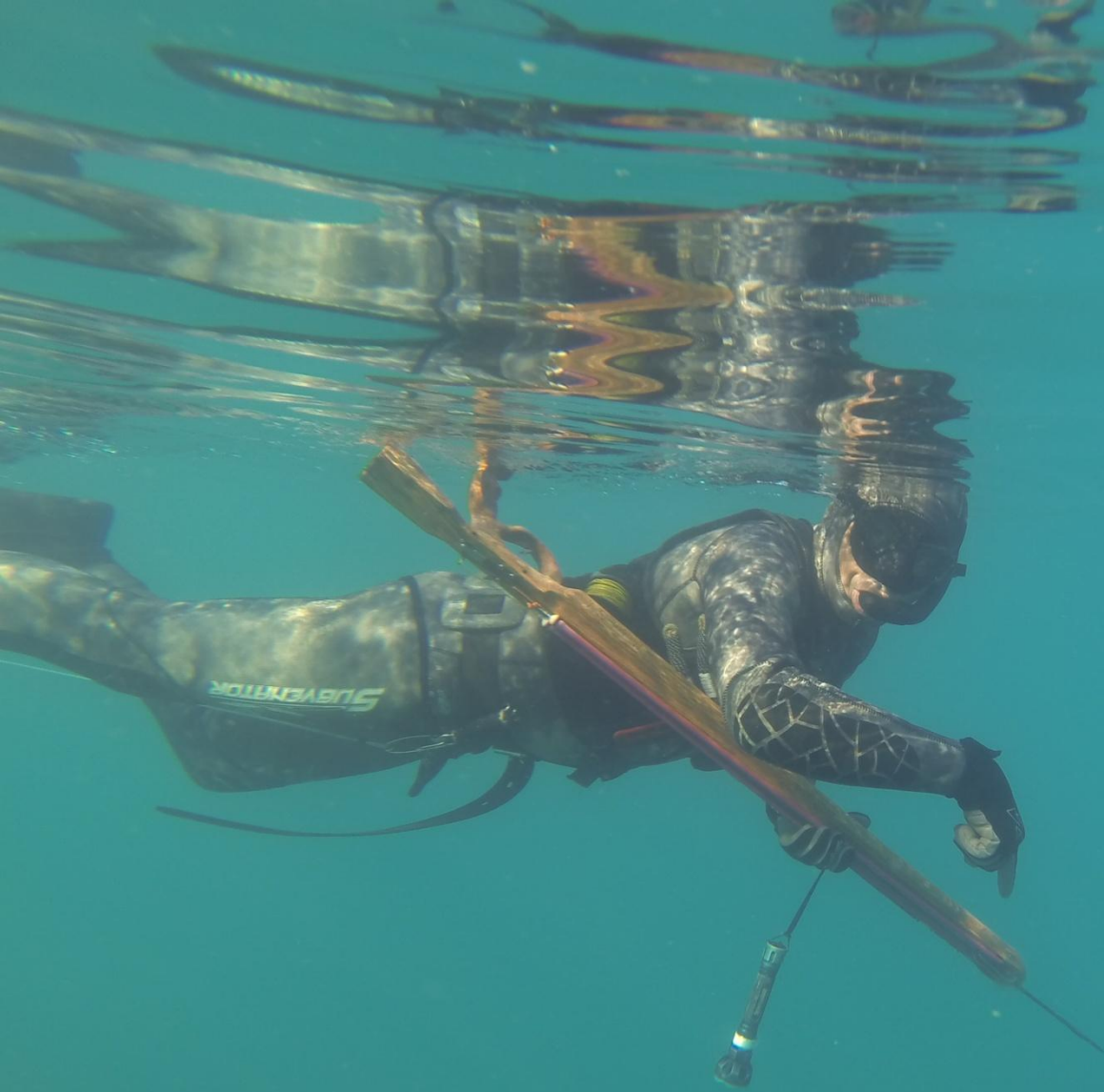
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We all went out of the sea. And we are irresistibly drawn to return to its depths. Freediving, being the earliest form of scuba diving, is rooted in the distant past.





In the dive, only the people own resources are involved. A person remains alone with the aquatic environment, he controls the depth and duration of the dive..



Diving was carried out for food, enrichment, research, spearfishing. To get pearls from the bottom, collect mollusks or find pirate treasures - all these activities are the "progenitors" of today's free diving.

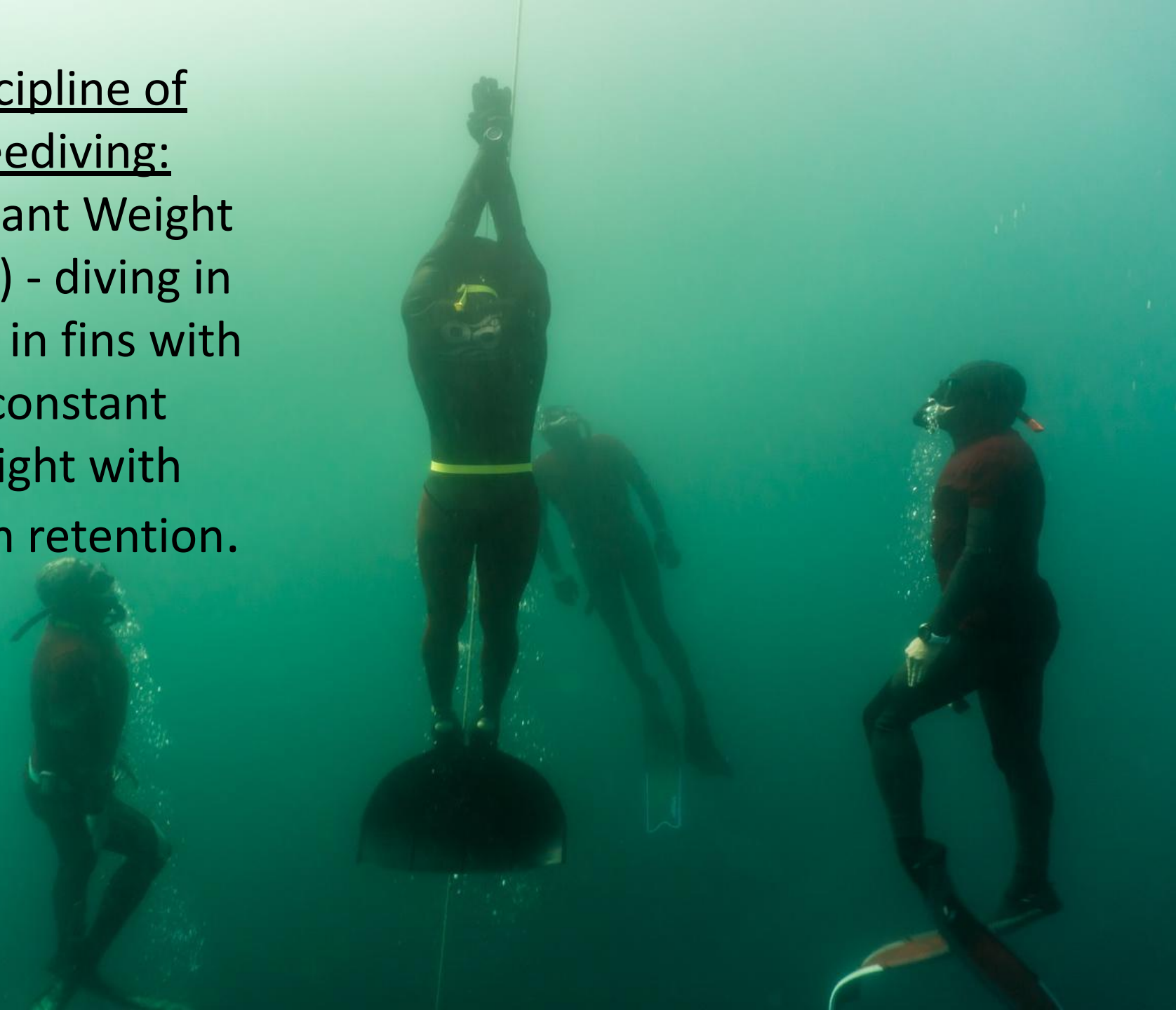


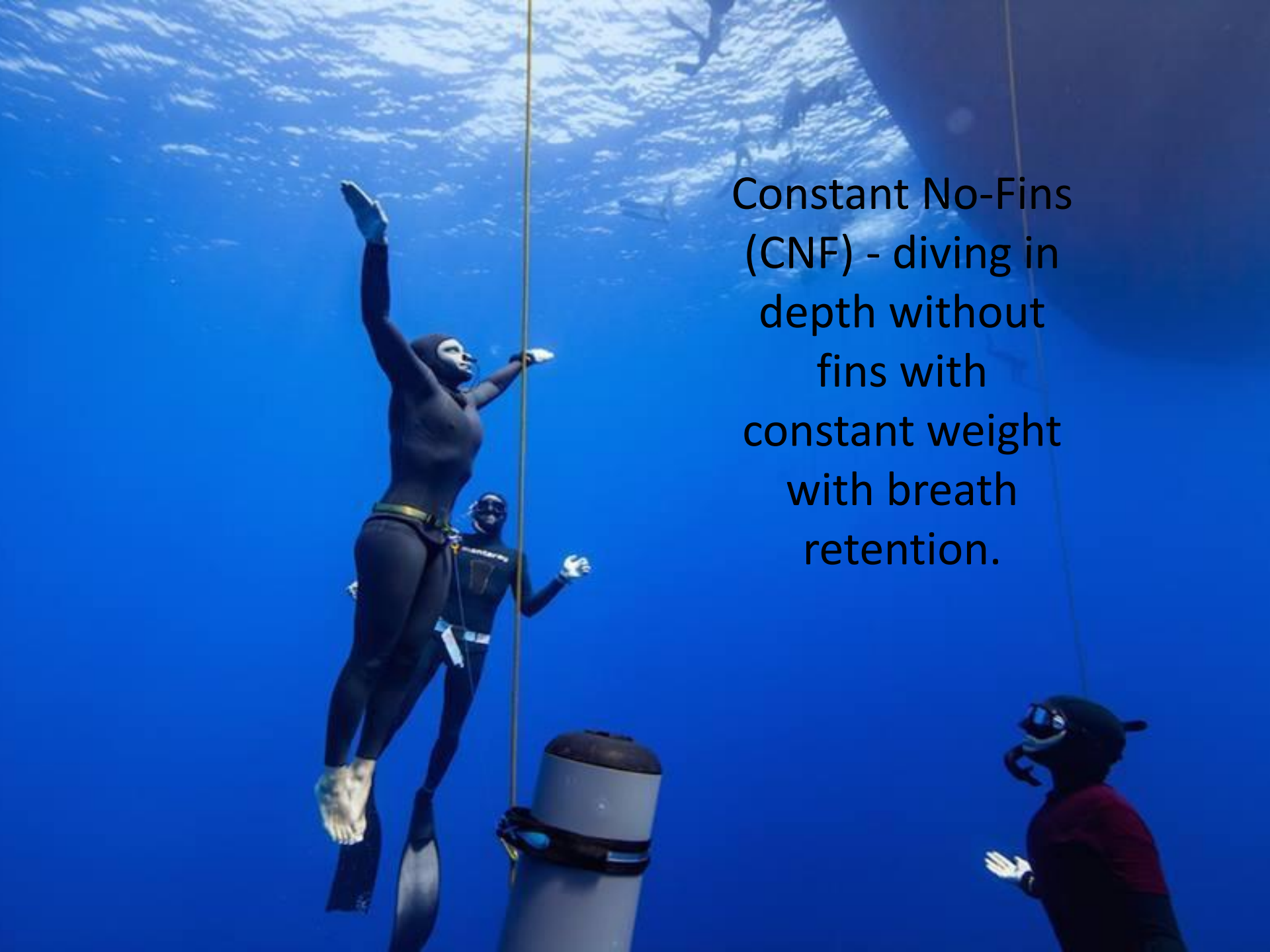
Freediving today is a sport and entertainment, and just a great pastime. As in any sport, you must train to achieve good results



Discipline of
freediving:

Constant Weight
(CWT) - diving in
depth in fins with
a constant
weight with
breath retention.

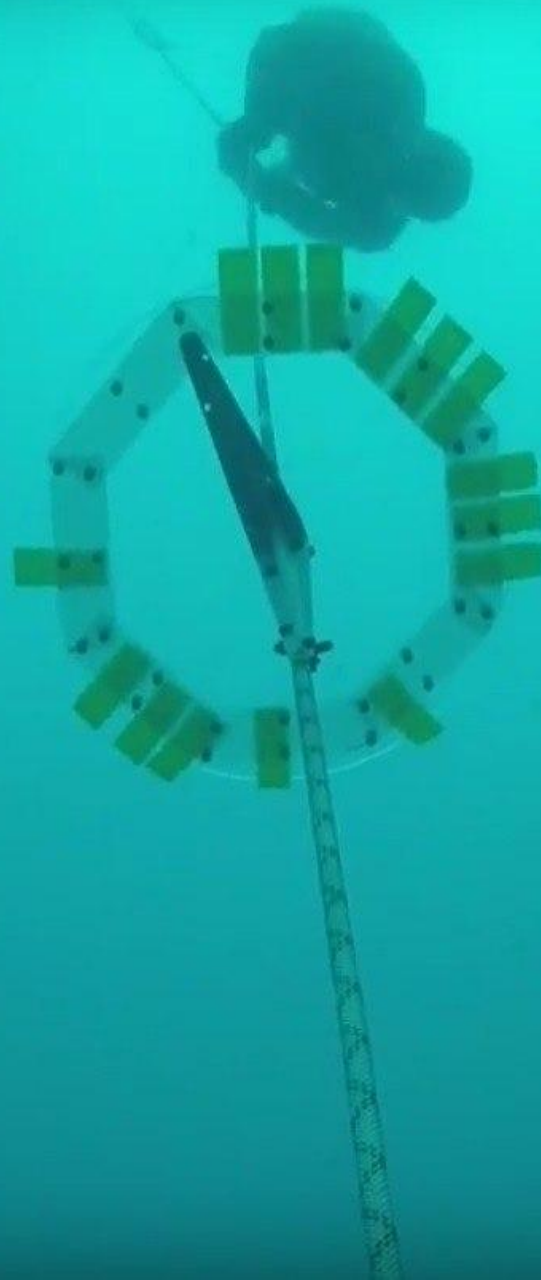


An underwater scene showing a diver in a black wetsuit ascending a vertical rope. The diver is holding the rope with both hands and has one arm raised. Another diver is visible behind the rope, and a third diver is in the lower right corner. A large white cylinder is in the foreground. The background shows a large structure, possibly a ship's hull, and other divers in the distance.

Constant No-Fins
(CNF) - diving in
depth without
fins with
constant weight
with breath
retention.

Free Immersion (FIM)

- rope diving
with
breath-holding.



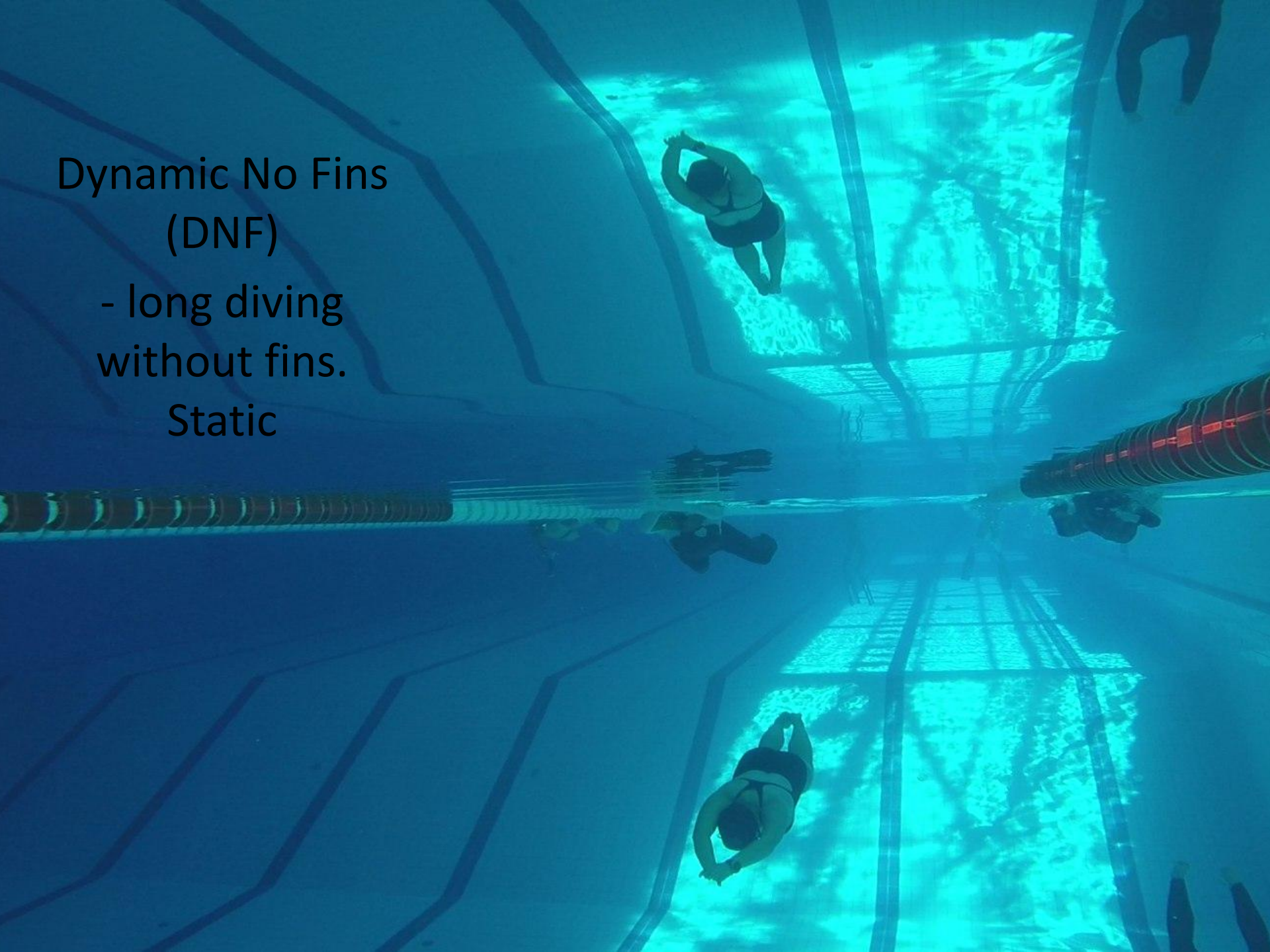
Dynamic (DYN) - diving in length in flippers.



Dynamic No Fins (DNF)

- long diving
without fins.

Static



Static (STA) – static
breath retention.





Variable Weight (VWT)

– diving in
depth with a
variable weight,
surfacing
independently
in any way.

No-Limits-diving
in depth on a
special
device-track
and surfacing
on it.



AIDA official Worlds Records History

Disciplines:	Men	Women
Static Apnea (STA)	Mifsud Stéphane (FR) 11:35	Molchanova Natalia (RU) 09:02
Dynamic With Fins (DYN)	Panagiotakis Giorgos (GR) 300m	Solich-Talanda Magdalena (PL) 257m
Dynamic Without Fins (DNF)	Malina Mateusz (PL) 244m	Solich-Talanda Magdalena (PL) 191m
Dynamic With Bifins (DYNB)	Malina Mateusz (PL) 250m	Kardasevic Mirela (HR) 208m
Constant Weight (CWT)	Molchanov Alexey (RU) 130m	Zecchini Alessia (IT) 107m
Constant Weight Without Fins (CNF)	Trubridge William (NZ) 102m	Zecchini Alessia (IT) 73m
Free Immersion (FIM)	Molchanov Alexey (RU) 125m	Zecchini Alessia (IT) 98m
Constant Weight With Bifins (CWTB)	Molchanov Alexey (RU) 110m	Artnik Alenka (SI) 92m
Variable Weight (VWT)	Kastrinakis Stavros (GR) 146m	Van Den Broek Nanja (NL) 130m
No Limit (NLT)	Nitsch Herbert (AT) 214m	Streeter Tanya (US) 160m

Conclusion

- Freediving as a sport or as a hobby. Everyone decides for himself. Well, we all left the sea and we are all drawn to return to it.

