

Increasing the level of physical fitness of students through physical education through sports and health tourism

Masharipov Azamat Komuljonovich

Urganch State Pedagogical Institute, t.e.associate professor of the “Physical Culture” department. p.f.b.f.d (PhD), Uzbekistan

Received: 02 December 2024; **Accepted:** 05 January 2025; **Published:** 07 February 2025

Abstract: This article describes the role and importance of sports-health tourism in the education of higher educational institutions and students to become strong, healthy and spiritually mature people. Also, the effectiveness of sports and wellness tourism on the level of physical fitness of students is reflected in mathematical and statistical indicators.

Keywords: Tourist excursion, pedagogical experiment, sport, rehabilitation, tool, control, physical training, test, result.

Introduction: There are changes in the level of health and physical fitness of students and young people in our country. Sports-health tourism is of great importance in preparing young students to be physically developed, healthy, well-rounded, ready for work and defense of the Motherland. Tourism is an integral part of the physical culture system. physical exercises are the main means of physical development, tourism is given a special place as a means of physical education, and physical exercises are divided into gymnastics, games, sports and tourism.

Today's era demands that we should make a healthy lifestyle in our daily life among the population. In order to regularly engage in physical education and mass sports and to form life skills for a healthy lifestyle, as well as to systematically and effectively organize mass physical activity events, to create appropriate infrastructure and other necessary conditions in this regard: in the Republic in the development of public sports and promotion of a healthy lifestyle among the population, walking and running are designated as priority types of sports [1].

Comprehensive socio-educational and cultural processes are embodied in tourism, which includes the solution of the most important tasks, such as expanding people's knowledge, developing intelligence, and raising physical fitness [2].

Tourism exists as a form of a diverse mix of active recreation, exercise, cultural interaction, and entertainment. In the development of the movement of physical culture, in particular, sports and health tourism, the serious application of general physical culture education is of great importance. Compared to other factors of physical education, tourism is rich in physical exercises used in life-practical conditions. Means of physical education are divided into gymnastics, games, and tourism. As the main form of physical exercise, tourism tools have been recognized as the main factors of the physical education system and have not lost their importance in the classification of exercises even now.

METHODOLOGY

The study of scientific literary sources shows that a number of scientific researches have been carried out on raising the level of physical fitness, education and development of physical qualities of the young generation through sport-health tourism and physical education. Among the scientists in the countries of the Commonwealth of Independent States (CIS) L.P. Matveev, I.N. Ovsyannikova, Yu.A. Vasilkovskaya, V.A. Kvartalnov, O.O. Brilliantova, A.A. Fedyakin, V.I. Radchenko, V.V. Likholetov, D.A. Pochebut, T. Yu. Tarasenyay, B.H. Gadzhiev A.A. Fedyakin, R.A.Abdumalikov, R.S.Salomov, A.Abdullayev,

Sh.H.Khonkeldiev, K.M. Mahkamjonov, T.T.Yunusov, R.K. Kudratov, T.Kh. Holdarov, V.Sh. Rakhimov, T.E. Nabiev, A.A. Abdurakhmanova, V.S. Kosimova, K.B. The scientific sources of Mukhammadiev, A.K. Masharipov and other scientists have gained importance [3,4,5,6,7,8,9,10,11,12].

It is important to use the natural forces of nature, hygienic factors, physical exercises, etc. Doing physical exercise in the open air increases their effectiveness. Student youth doing physical exercise in the open air increases work capacity. That's why it is very important to organize the activities of the tourist trips wisely. Trainings, games and exercises carried out with high movement activity during tourist trips prevent various diseases and strengthen health.

Compared to other factors of physical education, tourism is rich in physical exercises used in life-practical conditions. Accordingly, they differ in their viability and practicality.

RESULTS AND DISCUSSION

In our research work, before the pedagogical experience, tests on the physical fitness of students

were taken. In our research, students are divided into two groups: divided into experimental and control groups. From the preliminary tests taken at the beginning of the experiment, it became clear that there was almost no difference between the level of physical fitness of the students in the experimental and control groups, that is, no statistical difference was reached. The students of the experimental group took part in training according to the program developed by us. The students in the control group continued their training in the traditional way and participated in the same way.

From the preliminary tests taken at the beginning of the experiment, it became clear that there was almost no difference between the level of physical fitness of the students in the experimental and control groups, that is, no statistical difference was achieved. This justifies the conclusion that at the beginning of the study, students with the same level of training were selected for the experimental and control groups, and allows for the purposeful implementation of the pedagogical experiment. The results of the experiment are presented in Table 2.

Table 2.

The dynamics of changes in physical fitness indicators during the academic year in experimental and control groups (EG-n=27; CG-n=28).

№	Tests	Research groups	Stages of pedagogical control in research						Differences, Student, t-test	
			The beginning of the academic year (septembr)			End of 2nd semester (may)			t	P
			\bar{X}	σ	V%	\bar{X}	σ	V%		
1	100 meter run. (seconds)	TG	13.94	0.40	2,87	13.72	0.41	2,98	1.92	>0.05
		NG	13.89	0.43	3,11	13.80	0.37	2,68	0.79	>0.05
2	Standing long jump (cm)	TG	195.77	11,87	6,06	205,62	12,37	6,01	2.87	<0.01
		NG	196,64	10,91	5,55	201,78	8,77	4,34	1.83	>0.05
3	Pull-ups (times)	TG	8,11	1,50	16,48	10,10	1,99	19,71	3.99	<0.001
		NG	8,78	1,75	19,92	9.5	1,55	16,31	1.53	>0.05
4	3x10m shuttle run. (seconds)	TG	6,59	0,33	5,10	6,38	0,27	4,23	2.46	<0.05
		NG	6,67	0,40	6,08	6,58	0,34	5,16	0.86	>0.05
5	Three-mile walk (4,800 meters acd cording to Cooper)	TG	41.50	2.58	6.18	38.52	2.03	5.22	4.53	<0.001
		NG	42.53	3.26	7.66	41.57	2.51	6.12	1.16	>0.05
6	Cooper's test 12-minute walk and run (meters)	TG	2037,40	185.29	9,09	2370,37	158.95	6,70	6.81	<0.001
		NG	2048,93	243,75	11.89	2173,64	236,41	10.87	1.83	>0.05
comment: (*=0.05, **=0.01, ***=0.001) - Reliable differences were determined by the Student-t test. EG-Experimental group. CG-control group.										

According to the results of the pedagogical testing

conducted among the students of the higher education

institution at the beginning of the academic year, the average result in the 100 m running exercise (seconds) in the experimental group was 13.94 seconds, and the average result at the end of the academic year was 13.72 seconds. , no reliable statistical differences were observed between the indicators at the beginning and end of the year ($t=1.92$; $R>0.05$).

In the control group, the average result at the beginning of the school year was 13.89 seconds, at the end of the school year it was 13.80 seconds, there were no reliable statistical differences between the indicators at the beginning and the end of the year ($t=0.79$; $R>0.05$).

In the standing long jump exercise, the average result in the experimental group (cm) was 195.77 cm, and at the end of the academic year it was 205.62 cm, reliable statistical differences were observed between the results ($t=2.87$; $R<0.05$). In the control group, it was 196.64 cm at the beginning of the school year and 201.78 cm at the end of the school year. There were no reliable statistical differences between the indicators ($t=1.83$; $R>0.05$).

The average result of the pull-up exercise (times) in the experimental group was 8.11 repetitions, and at the end of the academic year, the average result was 10.10 repetitions, and there were reliable statistical differences between the results ($t=3.99$; $R<0.01$). In the control group, the average result at the beginning of the academic year was 8.78 times, and at the end of the school year it was 9.5 times, and no reliable statistical differences were observed ($t=1.53$; $R>0.05$).

In the 3x10 meter shuttle run test (seconds), the average result in the experimental group was 6.59 seconds, and at the end of the academic year, the average result was 6.38 seconds, reliable statistical differences were observed between the results ($t=2.46$; $R<0.05$). In the control group, the average result at the beginning of the school year was 6.67 seconds, at the end of the school year it was equal to 6.58 seconds, in which no reliable statistical differences were observed ($t=0.86$; $R>0.05$).

In Cooper's three-mile walking time (minutes.seconds), the average result in the experimental group was 41.5 min.s, and at the end of the school year, the average result was 38.52 min.s. reliable statistical differences were observed ($t=4.53$; $P<0.05$). In the control group, the average result at the beginning of the academic year was 42.53 min.h, and at the end of the academic year it was 41.57 min.h. There were no reliable statistical differences between the indicators ($t=1.16$; $P>0.05$).

In Cooper's 12-minute walk and run test (meters), the average result in the experimental group was 2037.40 meters, and the average result at the end of the

academic year was 2370.37 meters, and reliable statistical differences were observed between the indicators ($t=6.81$; $P<0.05$). In the control group, the average result at the beginning of the academic year was 2048.93 meters, at the end of the academic year it was equal to 2173.64 meters, there were no reliable statistical differences between the indicators ($t=1.83$; $P>0.05$).

CONCLUSION

1. Sports and health tourism is a means of promoting a healthy lifestyle, attracting people to physical education and mass sports, improving and strengthening their health, and increasing their physical fitness at various stages of life.

2. The significance and role of hiking trips for students is great in the physical education of young people. Walking is a guarantee of longevity and long-term preservation of physical qualities.

3. The effectiveness of tourism as a tool was found in a pedagogical experiment conducted to study the effects of tourist trips and tourism tools on the level of physical development and physical fitness of students.

4. In order to increase the health level of the population of our country, it is necessary to increase the popularity of tourism among all layers of the population and strengthen its social importance.

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