

The Importance of Tourism as A Means of Improving the Physical Fitness of Young Athletes

Masharipov Azamat Komuljonovich

Urganch State Pedagogical Institute, Associate Professor of the Department of “Physical Culture” (PhD), Uzbekistan

Matyakubov Jamshidbek Ikrom o‘g‘li

Abdijabbarov Xamzabek Shonazarovich, Master Student, Department of Theory and Methodology of Physical Education and Sports Training, Urganch State Pedagogical Institute, Uzbekistan

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Abstract: This article examines the importance of sports and health tourism as a tool for increasing the physical activity of young athletes, improving their functional state, and developing physical fitness.

Keywords: Means, physical exercise, social phenomenon, classification, active tourism, hiking, forms of tourism, health indicators, physically active activities.

Introduction: The concept of tourism is extremely broad, interpreted in different ways, and manifested as a complex social phenomenon. Tourism in its broadest sense represents travel and adventures. The factors and periods of the emergence of tourism are directly related to social life, cultural life, and labor processes. Tourism has long been known and has not lost its emotionality, attractiveness, and material availability for young students as an effective means of physical culture, and its use allows you to increase the volume of physical exercises and improve their functional state. Historically, physical exercises have been classified into games, gymnastics, sports, and tourism exercises [1].

Tourism allows you to strengthen movement skills and develop physical qualities in natural conditions. Excursions are organized with schoolchildren using various movement methods. Walk during different on-the-go exercises to perform possible [2].

In physical exercise, the ability to properly use the healing powers of nature increases the positive effects of physical exercise on the human body. The use of the healing powers of nature in tourism is carried out in two directions: -Physical exercises are organized as a means

of training and are carried out in appropriate conditions; that is, natural factors of the environment enhance the effect of physical exercises. -The health-improving forces of nature are used as an independent means of strengthening the body. Physical exercises have historically been structured and methodologically formed as gymnastics, games, sports, and tourism [3].

A variety of voluntary motor activities that are consciously performed and that meet the requirements of the laws of physical education. Such motor activities as gymnastics, games, sports, and tourism exercises are historically systematized, methodically gathered, and filled in. Physical upbringing in the process their main factor upbringing in systems scientific based on . So, games, gymnastics, sports, and tourism entered the composition as physical exercise series to say we have, in some cases, the wrong idea to give birth to the possible. Because, in the sports category, running, walking, jumping, and physical exercise, as in games and gymnastics, are in the structure, and tourism exercises are also possible. Exercises each other with mutual integral relation without being used.

LITERATURE REVIEW

The level of study of the problem. Scientific sources have provided important scientific information about the fact that tourism, as an effective means of physical education, allows increasing motor activity and improving the functional state and level of physical fitness of schoolchildren and students; in particular, a number of scientists of our republic Much scientific research work devoted to the problems of health promotion and physical education has been conducted by Abdullayev A.Sh., Xankeldiyev Sh.X., M.S., Maxkamjonov K.M., Daurenov E.Yu., Salamov R.S., and others. The results of scientific research on the problems of physical education and health promotion by Matveev L.P., Guba V.P., Seregina O.B., Ermakov V.A., and others are being used.

Numerous research works have been conducted on the development of physical fitness of students of higher educational institutions through sports tourism by Fedyakin A.A., Tarasenya T.Yu., Vasilkovskaya Yu.A., and others. In the theory and methodology of physical education and sports tourism, tourism is divided into two areas: planned and amateur. They are travelers in the language weak (passive-weak) moving and active (active) trips. In any case, physical tourism or upbringing, the most important tool, is recognized as [4]. Discussion. Tourists on trips of nature known for obstacles and transitions in people's mental, physical, and moral-aesthetic characteristics are educated by them. to the team attitude , fearlessness , strength , endurance adjectives develops. In tourism, walking on low-rise buildings and doing socially useful labor leads to the development of conditions, adaptation, qualification, and skills. Other physical upbringing factors are relatively practical under the circumstances, applicable, and physically rich in exercises. Accordingly, their vitality and practicality differ.

Physical upbringing as a tourism tool following the main features has:

- Tourism physical adjectives and actions qualification for the same amount of education: In tourism, the vital importance of walking, running, hurdles, and other practical exercises is increased.
- Student and student youth independent activity takes to go; to take the initiative educates management, the goal to get, the card (scheme) to read, and the map

(scheme) marking of places, qualifications, shapes, and developments.

- In tourism physical exercises expose humans to the organism's climate conditions and route to the relief; looking at the impact shows his/her impact to be various and possible.

- In tourism, physical upbringing and sports and health for the purposes of physical exercises will be performed, and sports competitions will be held.

- Tourism of training main shape: It's a joke. In Pokhod tourism, due to the need to know, all forms and procedures are used; this, with vital necessary movement skills, is formed and developed.

Tourism is elementary, and the main thoughts and types and shapes are important to know, including tourist tourism, tourism technology, and tourism tactics. Sportsmanship is widely used in tourist competitions. If the technical concepts of tourism are understood as conditions for preparing for a competition, walking, overcoming obstacles, using tourist equipment, knowing and using tourist living conditions, then tactics are aimed at achieving the goal set in tourist competitions with the help of a compass, map, scheme, and other devices, as well as medical conditions, with minimal effort and time. Tourism embodies a wide range of socio-educational and cultural processes, and in its content includes solving the most important tasks, such as expanding the scope of knowledge of people and developing their intelligence and physical fitness [5].

Goals and directions of tourism in a modern developed society, sources of financing, and methods of organization The diversity of tourism encompasses organized and unorganized, long- and short-term, stationary and itinerary, and group, individual, and family tourism for young and old. Experts in their scientific works have proposed to classify tourism according to the degree of tourist participation in the movement. They distinguish between active and passive tourism [4, 6].

In the first case, the tourist moves, spending a certain amount of energy on his body. In the second case, he moves in a vehicle, spending little energy. Active tourism is also called sports and health tourism. Tourism is divided into the following forms according to the route, nature, and characteristics of the activity (1.

drawing).



1 – drawing Tourism forms

CONCLUSION

To get a complete picture of tourism, it is necessary to consider tourism sectors and their interaction with other types of activities, as well as various options for classifying tourism, since new types and forms of tourism are constantly emerging in the practice of socio-cultural life.

Tourism: As an important component of physical education, it serves as an important factor and tool in developing the physical qualities of the growing young generation, improving their health, longevity, cultural leisure, patriotism, and professional competence. Tourism sports competitions are mainly based on the basic elements of tourist techniques: climbing to high and low places, crossing various obstacles using ropes and similar means, carrying an incapacitated or injured tourist through various obstacles, providing first aid to the injured, marking locations on a map (scheme), walking according to azimuth, setting up tents on time, and placing necessary items and equipment in a backpack.

Tourism also nurtures and develops personal, human qualities and qualities that are relevant in the education of students and young people, such as helping each other, supporting each other, being active, being organized and disciplined, and feeling committed to one's duty and responsibility.

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