SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

THE DEVELOPMENT STRATEGY FOR SPORTS TOURISM

Azizbek Matvapayev Gaibnazar Ugli
UrSU, docent of Individual Wrestling Department, Doctor of Philosophy in Pedagogical Sciences (PhD)

Article DOI: https://doi.org/10.36713/epra19261
DOI No: 10.36713/epra19261

ABSTRACT
This article discusses the consideration of tourism as a means of physical education and explores issues such as overcoming natural obstacles and combining physical exercises with load carrying.
KEY WORDS: *Tourism, means of physical education, physical exercises, physical education, the use of forms and methods of tourism during excursions, means of physical education, competition in tourism.*

Tourism serves as an essential means for the harmonious development of the population, strengthening their health, and educating the modern person as a well-rounded individual. The relevance of developing tourism as a social phenomenon is evident in its inclusion alongside other means aimed at preserving and strengthening people's health and ensuring meaningful leisure for the country's population. The Decree of the President of the Republic of Uzbekistan dated January 5, 2021, "On Additional Measures for the Accelerated Development of Tourism in the Republic of Uzbekistan", includes an annex with a plan of measures for 2021 to implement the Concept for the Development of the Tourism Sector in the Republic of Uzbekistan for 2021-2025. This plan outlines the tasks of analyzing the current state of sports tourism in the country and developing a strategy for further developing sports tourism.

The role of tourism in the gross domestic product of countries is steadily increasing, says President Shavkat Mirziyoyev [1]. Therefore, tourism development should also be a priority economic task in the new Uzbekistan striving to accelerate economic growth rates. The development of national tourism in Uzbekistan has been analyzed as a process evolving in harmony with various fields of social life. The study considers the tourism system as an open, holistic, and consistent system with unique features, goals, tasks, and structure. In this direction, we can also say that tourism is one of the most popular and affordable means of physical health improvement for people at the current stage of social development. This focus on tourism is not without reason.

One of the principles of societal development is to nurture a well-rounded individual, which necessitates participation in various activities to diversify the ability to meet social needs. Utilizing tourism as an active means of personal development facilitates the formation of essential life skills, enhances physical capabilities, and positively impacts the development of moral, volitional, and intellectual qualities. Moreover, tourism involves engaging participants in various socially beneficial activities.

In our country, physical education—an integral part of continuous education—is closely linked with the formation of a well-rounded individual. Therefore, all means, forms, and methods of the physical education system should ensure the dialectical connection of physical education with practical labor and defense activities, and health-improvement measures should be directed towards nurturing a well-rounded individual. According to Dmitriy Kirsanov, "national tourism represents inbound tourism within the country and tourism related to national development [2]". V.A.Kvartalnov defines national tourism as "a set of activities in the field of domestic and inbound tourism, providing services to tourists by their fellow citizens [3]". M.Q.Pardaev, R.Atabaev, B.R.Pardaev believe that "national tourism involves tourists traveling from one place to another within their own country for tourist purposes [4]". From the above, it is clear that tourism cannot be considered a short-term entertainment; it primarily serves personal interests, intellectual, labor, moral, and aesthetic education. Practical experience shows that proper physical development cannot be achieved solely through tourism in the overall long-term system of physical education. Engaging in tourism is beneficial only when combined with other means in the system, such as games, gymnastics, and sports. Tourism is allocated a special group in the physical education system because it allows individuals to acquire the knowledge, skills, and competencies necessary for their lives.

Transforming tourism into a strategic sector of the economy remains a priority task for us, says President Shavkat Mirziyoyev. One of the most important tasks of the government is to increase the number of tourists visiting our country to 10 million in the coming years. Thus, tourism is characterized by its natural application as a means of physical education. It includes various physical

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

activities of different forms and contents. These are movements carried out over long distances in rare locations and group efforts in natural conditions [1]. Their goal is to address educational, health, and sports-related tasks by forming skills necessary for production, military, and everyday activities in individuals. In tourism, educational, health, and sports-related tasks fall into the category of general tasks, meaning their resolution is achieved collectively, regardless of the age and specific physical preparation of the participants. For example, during a journey, the educational task is directly addressed through the influence of the group on each participant, fostering collectivism and subordination of personal interests to community interests. Furthermore, the duration of movement and physical exercises gradually increase in camp conditions, enhancing endurance and voluntary qualities.

In addition to educational tasks, educational goals are also addressed during travel. This means integrating pre-acquired knowledge in regional studies, natural history, and topography, thus confirming theory with practice. The methodology of developing skills and abilities in travel conditions is also improved. The health issue is resolved through a well-organized route that adheres to optimal regimes of physical exertion and active rest, utilizing the positive effects of natural factors on all body functions while following personal and public hygiene rules. Regular travelers who engage in running or swimming can mitigate the adverse effects of physical load adaptation. Adaptation refers to the process of new adaptive shifts occurring in the body due to prolonged physical exertion. In such cases, there is a need to temporarily direct the individual to a slightly different type of activity associated with the current physical load. Periodic travel for a person engaged in physical education helps maintain a high level of physical fitness.

Overall, regarding sports tasks in tourism, three points should be emphasized. Firstly, tourism activities help to create a general physical preparation base necessary for any sport. Secondly, they provide special training for participating in competitions in tourism techniques. Thirdly, tourist hikes are regulated by sports classifications, which in turn require the appropriate sports training of participants, meaning that sports classification helps to implement the principle of maximum load in tourism. Specific tasks in tourism, depending on the goal, are related to special preparation for a particular trip. For example, traveling to historical sites in Uzbekistan requires special preparation to choose a route saturated with historical monuments and landmarks. In this case, it demands studying numerous literary sources to obtain information about the historical events that occurred within the proposed travel framework.

On the route, this information should be supplemented by the directed search activities of the participants. Post-trip archival research helps to create a more holistic understanding of the significance of certain historical events. Thus, trips to historical sites in Uzbekistan are aimed at educating young people in a spirit of military patriotism. Educational tourist trips require training sessions on the techniques and tactics of tourism, the selection and preparation of campsites, and the provision of appropriate conditions for cooking, thus solving the problems of developing such skills among participants, which will help them independently organize and conduct tourist activities in the future.

Complex category trips are associated with the preliminary preparation of their participants. Some challenging trips are undertaken to test tourist equipment. Separate tourist expeditions address national economic tasks (studying glaciers, flora, and fauna in hard-to-reach areas, mapping and updating maps, meteorological observations). Tourism should be systematically considered as a phenomenon to fully align with its goals and objectives. As a phenomenon, tourism represents a system of unique events, where its components can be identified as ideological, naturalistic, scientific, methodological, organizational and managerial, programmatic, and normative foundations. Tourism—comprising planned trips, excursions, hikes, climbs, and walks—does not create any material benefits but is viewed as a factor aimed at developing physical abilities and qualities and promoting active recreation. It is known from the trips of geologists and hydrogeographers that they plan their trips to create material value. In physical education, its specific aspects are utilized. Overcoming certain natural obstacles during tourist trips fosters intellectual, physical, moral, and aesthetic qualities in people.

It fosters qualities such as teamwork, fearlessness, strength, and endurance. Travel enhances skills and abilities to adapt to living and working conditions in mountainous and rural environments. Tourism is rich in physical exercises applicable in practical life conditions compared to other physical education factors. Consequently, they stand out for their practicality and applicability.

As a means of physical education, tourism has the following key features:

1. Practicality: It promotes independent activity and initiative. It develops and enhances skills such as leadership, management, orientation, route selection and navigation, and map reading.
2. Simultaneous development: Tourism simultaneously develops physical qualities and movement skills without focusing on specialized traits needed in specific sports.
3. Practical exercises: Preparation for and participation in trips involve practical exercises such as walking, running, overcoming obstacles, and other essential physical activities.
4. No specific physical fitness requirement: Like sports, tourism does not require a certain level of physical fitness for participation.

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

5. Variable impact: Physical exercises during tourism affect the body differently based on climatic conditions (cold, heat, wind) and route terrain.
6. Competition: Strength testing and competition play a central role in tourism.
7. Leadership: Participants elect their leader, who must be over 16 years old and experienced. The leader participates with the group and undertakes additional tasks such as studying the route, participants, and equipment, and solving practical issues. If the participants are young tourists, a specialist guide over 19 years old is appointed.
8. Main form: The primary form of tourism activity is hiking, utilizing all necessary forms and methods of tourism, developing essential movement skills [5].

Training sessions encompass activities like swimming, climbing, working with topography, and overcoming obstacles. Tourism is considered a means of physical education, recommending the combination of overcoming natural obstacles and carrying loads with physical exercises. The exercises used in the educational process are categorized according to historically established physical education systems. However, as these systems evolve and new advanced exercises are developed, they no longer fit into the historically accepted categories. Based on their characteristics, these new exercises often differ significantly from gymnastics, games, sports, or tourism exercises.

REFERENCES

1. *Sh.M.Mirziyoyev New Uzbekistan strategy. –Tashkent: "Uzbekistan", 2021.*
2. *https://travel247ru/86/ - natsionalniy-turism-chto-eto takoe*
3. *https://tourlib.net/bookstourism/kvartalnovtourism3.htm*
4. *M.Q.Pardaev, R.Atabaev, B.R.Pardaev. Possibilities of tourism development. Tashkent, "science and technology" publishing house, 2007.*
5. *R.A.Abdumalikov, Kholdorov T.Kh. Tourism. Study guide. T.: Teacher, 1988.*