



THE RELATIONSHIP OF SPORTS AND SPORTS AND HEALTH TOURISM

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At present, sports and health tourism is an independent and socially oriented field of activity, an effective means of spiritual, intellectual and physical development of the individual. Sports and health tourism is aimed at developing a careful attitude to nature, mutual understanding and mutual respect between people. This type of sports and recreational and health-improving activity is based on a real acquaintance with the life, history, culture, customs of Uzbekistan and the world, it must also be considered as the most democratic type of recreation, characterized by a free choice of the form of one's own physical activity. Sports and health tourism can be engaged in various groups of the population - both younger schoolchildren and people of middle and older age. Sports and health tourism is a social movement of citizens and does not pursue profit, it consists of unorganized and organized tourism and is aimed at improving the health of the country's population. The limited number of hours allocated by the program for the discipline "Sports and health tourism" and the lack of a textbook require a lot of independent work from the student, because. currently there are no holistic publications covering a wide range of issues considered within this discipline. Sports and health tourism combines: health promotion and harmonious improvement of physical qualities; acquaintance with the native land and the study of its nature; pleasant and interesting entertainment, change of impressions, romance; active rest, which relieves nervous overload and gives vigor and energy; enjoyment of clean air, silence and charms of unique landscapes; tempering the will, improving well-being and mood, the formation of valuable personal qualities; desire to overcome difficulties; Meeting new people.

The ability to live in the field and overcome the difficulties of a camp life, to travel for the benefit of oneself and others, turning nature into one's friend and ally, must be taught. The study of all the intricacies of camp life will be occupied by students in the process of mastering the discipline "Sports and health tourism". Even the simplest tourist routes are not without some dangers. But any danger, if it is noticed (or





foreseen) in time and soberly assessed, can be avoided. Tourism contributes to the education of curiosity, strong-willed qualities, observation, independence, responsibility, determination, develops communication and organizational skills.

The Ministry of Emergency Situations shows great interest in the tourist movement as a source of personnel and the scope of the latest equipment for action in extreme situations. Many of its staff members are masters of sports and tourism instructors.

Sports tourism is a sport that does not provide for the social activity of the population. It has similar attributes with other sports: a unified calendar plan for sports starts, the presence of coaches, athletes and sports judges, the training process, a system of ranks and titles.

The concept of "sports tourism" in the historical aspect has changed slightly and at the moment fully reflects the existing order of things. The definition of "sports tourism" given in the Encyclopedia of Tourism of 1993 is "hiking along routes of a certain category of complexity, as well as participation in competitions in Tourism technology and championships; a kind of amateur tourism.

Currently, the most accurate is the following definition of sports tourism. This is a sport based on competitions on routes that include overcoming categorized obstacles in the natural environment (passes, peaks, rapids, canyons, caves, etc.), and on distances laid in the natural environment and on artificial terrain.

Sports and health tourism is associated with sports tourism through the technology of staying in the natural environment, overcoming local and extended obstacles, the equipment and equipment used, but has significant differences in the regulatory framework, targets, and forms of organization of activities.

Comparative analysis of SOT and ST is presented in Table No. 1.

Table. 1. Comparative analysis of sports and sports and health tourism

Sports tourism	Sports and health tourism
A sport included with a regulatory framework in the form of rules, regulations, qualification requirements for judges, grade requirements for athletes	A social movement without a regulatory framework and without a fixed definition
Implemented through competitions on routes, competitions on distances	Main form: hikes on categorized and categorized routes and sports events in the form of rallies
Develops on the basis of sports schools under the guidance of the coaching staff	Activities are carried out on the basis of clubs at the subjects of social and economic activity, educational institutions in the presence of experienced tourists – hikers
The main goal is to receive ranks and titles as a result of participation in competitions	The main goal is rest and recovery through complex interaction with the natural environment and the team
Main audience: athletes, coaches, sports referees	population choosing the natural environment as a place of recreation, former sportsmen-tourists, their families, friends, members of club formations



The use of unified technologies for organizing travel, ensuring safety, passing local and extended obstacles.

One of the characteristic features of tourism is its health-improving orientation, in connection with this, an important function of physical culture organizations should be the introduction of physical culture and tourism to all segments of the population, involvement in the field of physical education of all age groups. The main task of tourism in all systems of physical education is to contribute in every possible way to strengthening people's health, increasing their efficiency, readiness to defend the Motherland, the formation of high moral qualities, good spirits, strength and endurance, and the upbringing of a healthy and cheerful younger generation. An important place in solving this problem is given to mass health-improving work using tourism, conducting tourist trips to the place of residence. The main role in this work belongs to the district and city departments for culture and sports. Organs of culture play an important role in the development of health-improving work and tourism with the population at the place of residence. They participate in mass competitions, organize cross-country races, health paths, health paths in parks and squares, organize lectures, meetings, and photo exhibitions. Regional departments of public education participate in the organization of physical culture and mass work on tourism. With the help of teachers of physical education of schools, assistance is provided in conducting training sessions, sports holidays, mass sports events during the holidays, in organizing sports and recreation camps, in attracting children and adolescents to socially useful activities, in organizing hiking trips and excursions. The mahalla directly participates in the organization of physical culture and mass work and tourism at the place of residence. Medical support is provided by health authorities through district polyclinics. Internal affairs bodies are involved in the development of physical culture and mass work and tourism among children and adolescents. Police officers involve difficult teenagers in sports and tourism.

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