

To Students of Higher Education Countries New Innovative Technology of Sports and Health Tourism Training

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Abstract:

This article examines the burgeoning field of sports and health tourism in Uzbekistan, focusing on its potential to promote a healthy lifestyle among students of higher education. The study analyzes the current state of sports and health tourism, identifying key challenges such as the lack of state support, limited infrastructure, and a dispersed market. Through an exploration of existing research and relevant literature, the article presents a novel pedagogical approach to training future specialists in the field. It highlights the integration of sports and health tourism principles within educational programs, emphasizing its social, economic, and health benefits. By advocating for a systematic approach to training and by emphasizing the essential role of public health initiatives, the article proposes a roadmap for the successful development of a sustainable and flourishing sports and health tourism sector in Uzbekistan.

Keywords: Sports and Health Tourism, Higher Education, Healthy Lifestyle, Innovation, Training, Uzbekistan, Public Health.

One of the priority directions of the formation of new Uzbekistan is the development of sports and health care. Based on this, the Decree of the President of Uzbekistan on October 30, 2020 (No. PF-6099) "On measures for the wide application of a healthy lifestyle and further development of mass sports" physical education and aimed at ensuring the formation of stable immunity against diseases in every citizen living in the Republic through regular participation in mass sports and the formation of healthy lifestyle skills, giving up bad habits, following the principles of proper nutrition, focused on the systematic and effective organization of restoration and rehabilitation works, public events for physical activity, infrastructure and other necessary conditions related to their fields.

Literature analysis and methodology In mutual understanding and mutual respect between

peoples and nations, sports-health tourism is an important part of society, an independent, socially oriented sphere of life, which, by educating a person's attitude to nature, develops spiritual and serves as an effective means of physical development. The goal of sports and health tourism is to create a healthy lifestyle in the population, to give up bad habits, to follow the principles of proper nutrition, to systematically and effectively organize health activities, mass activities in the field of physical education, consists of forming skills in sports.

Sports-health tourism is represented by recreational, adventure, ecological, vocational-practical, rehabilitation treatment, adaptive, sports and other types of tourism.

The following features of sports and wellness tourism can be distinguished:

- sports and health tourism is not a service sector;
- sports-health tourism is not aimed at profiting from the organization of these trips.

According to N. Yu. Borisova, sports-health tourism is a set of tours that includes hiking along routes of a certain complexity category and competitions in tourism technology. He believed that this was aimed at improving the skills of tourists, improving routes, using different methods of insurance and mastering new types of equipment. The integration of sports and health tourism types covers a wide range of issues, from teaching and training in the educational process, to revealing the structure of education and understanding the basics of health care as an organic part of human development.

In society, the attitude of a person to physical culture is constantly changing. In the implementation of sports and health promotion in the field of tourism, physical training provided by the territory of the Republic of Uzbekistan, organizations and individual entrepreneurs should fully meet the requirements for health and sports services.

Sports and health tourism is a social phenomenon that can be seen only in this direction, to promote sports and health tourism, in the field of healthy lifestyle and physical education, to fulfill the social purpose provides mass properties in the increase, which helps to increase the demand, as well as to create new products and services. Of course, the social sphere is in the first place, but for the sustainable development of sports and health tourism, it is necessary to plan a strategy to increase efficiency.

Sports and health tourism develops in accordance with the objective laws of the development of society, it is a phenomenon of social importance that is available to the masses of people working in the fields and students. meets their needs, which is a part of physical education, sports and tourism.

Sports-health tourism was distinguished by long cycles of physical exercises, the stages of its activity were almost non-existent. In the theoretical development of the foundations of general physical culture, it applies to types of tourism, in particular to physical culture, where physical recreation is considered as a type of physical culture. Active recreation of people is the use of this process for relaxation, recreation, transition from one activity to another, physical exercises for distraction from work, household, sports and military activities, as well as in simplified forms of sports.

Means of physical training, including sports and wellness tourism, are widely used in the mode of active recreation and are the basis of a person's healthy lifestyle.

On the other hand, there are different types of active tourism, which include sports tourism, recreational, rehabilitation, professional practical, etc. belongs to culture. As we know, these are different types of tourism in terms of the results of their purpose, so it is necessary to consider them independently and participate.

The following aspects are characteristic of the current state of sports and wellness tourism:

reduction of forms of active recreation in recreation facilities;

- lack of state support of tourist clubs, their lack of legal support, weakness of their material base;
- dispersion of travel agencies and enterprises, lack of concentration of efforts for joint mutually beneficial activities;
- change the composition of tourist flows directed by charter flights of foreign airlines;
- strong advertising of foreign tourism and lack of mass media interest in the domestic market of sports tourism.

A systematic approach to the study of sports and wellness tourism allowed us to identify a set of interrelated aspects and their interactions that lead to social and economic benefits. As the main links of the system, we aim to train specialists who provide services to the main tourist flows, the structure of tourist and sports organizations, and the regulatory and legal framework of the movement.

From a pedagogical point of view, sports-health tourism is divided into groups according to the following types of activity: educational, programmatic-methodical, scientific-research. It should be noted that sports-health tourism is a pedagogical problem, because in this type of activity it is possible not only to reflect the pedagogical effect, but also to satisfy the needs and interests of the population.

Results and discussions In sports-health tourism, the specific functions of physical education are implemented very effectively, they are educational, practical, sports, health and rehabilitation. It also has a great educational value and plays a great role as a means of raising the young generation in the physical, aesthetic, work, moral, and patriotic spirit, and is used as a means of understanding the environment and people in natural conditions.

E.S. Research by Yaropovets shows that it is possible to combine the interests of different categories of the population in sports and health tourism into three main groups:

- use of tools and methods to eliminate physical fatigue, mental illnesses and emotional experiences using organized rest needs, large-scale animation programs (elimination of psychological injury, chronic physical fatigue); in order to ensure the quality of work, it is necessary to increase psychological stability and increase physical performance. Strengthen communication in a small environment (family, friends, work colleagues), effective use of hygienic factors, physical exercises, healing forces of nature, climate-geographic habitat;
- disease prevention needs; use of curative physical training, physiotherapy, natural treatment complex; flexible physical culture, special health programs.

Researcher V.V. Novokreschenov defines the following criteria for the development of sports and wellness tourism:

1. The economic criterion is the effectiveness of the activity of the organization, sports and health tourism clubs in the labor market. These benchmarks include:

- profit from the sale of services in self-financed sports and health tourism enterprises, where the rational and economical operation of sports facilities is important, which can have an economic effect;
- funds received from the organization and holding of tourist events, trainings, and other events;
- income from the production and sale of equipment and supplies for sports and tourism purposes.

2. Social criterion: the social criterion is manifested not only in the social formation of a person based on the use of sports and health tourism tools for the development of individual qualities. Physical education tools are a means of socialization of a person in society, as a result of which

teamwork and mutual help and responsibility are cultivated. Also, the social criterion of the effectiveness of the activity of the sports institution is manifested in the attitude of the employees to their work and working conditions.

3. Health criterion: it is common to distinguish several components in this criterion. First of all, this is a preventive criterion, which is measured by the reduction of the number of diseases, the increase in life expectancy and the increase in its quality indicators. Secondly, it is the level of physical development of those involved in sports and wellness tourism.

Sport va amaliy. Bu mezon turistik ko'nikma va malakalarning shakllanish darajasini tavsiflaydi. Ushbu mezon o'qituvchilar jamoasining ishidan dalolat beruvchi informatsion parametridir.

Conclusion In conclusion, it is worth saying that, taking into account the above, about the innovative technology of teaching sports-health tourism to students of higher educational institutions, from a social point of view, the problem of sports-health tourism promotes a healthy lifestyle. and physical training and sports-health tourism fulfills the task of providing public character, which helps to increase the demand and creates new products and services. Of course, the social function is the most important, but for the sustainable development of sports and health tourism, the pedagogical component should also be taken into account.

Understanding the role and purpose of sports-health tourism as a pedagogical problem is related to health, the physical and spiritual development of a person makes them aesthetic and moral, strong-willed; to know the history, culture and traditions of the local population, and of course to respect nature and national traditions.

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