



CHARACTERISTICS OF ORGANIZING SPORTS AND HEALTH TOURISM FOR VARIOUS STAGES OF THE POPULATION IN UZBEKISTAN

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Аннотация: Ушбу мақола мазмунида, аҳолининг турли қатламларида ички спорт-соғломлаштириш туризми турлари, шаклланиши ва ривожланишида муҳим аҳамиятга эга бўлган мос табиий географик жойлар, спорт-соғломлаштириш туризми машғулотларини ўтказиш бўйича методик кўрсатма ва амалий тавсиялар берилган.

Аннотация: В статье рассматриваются подходящие природно-географические места, имеющие значение в видах, становлении и развитии отечественного спортивно-оздоровительного туризма среди различных слоев населения, методические указания и практические рекомендации по проведению занятий по спортивно-оздоровительному туризму.

Abstract: In the content of this article, suitable natural geographical places, which are important in the types, formation and development of internal sports-health tourism in different strata of the population, methodical instructions and practical recommendations for conducting sports-health tourism training are given. It also includes aspects that must take into account the seasonal characteristics of the natural conditions of the places in organizing sports and health tourism.

Калит сўзлар: Ички туризм, зиёрат туризми, спорт туризми, тоғ туризми, пиёда туризми, сув туризми, вело туризм, авто туризм, от туризми, ҳаво туризми, экотуризм, туризм машғулотлари, саёҳат, йўриқчи, бошловчи ва ҳақозо.

Ключевые слова: Внутренний туризм, паломнический туризм, спортивный туризм, горный туризм, пеший туризм, водный туризм, велосипедный туризм, автотуризм, конный туризм, воздушный туризм, экотуризм, туристическая деятельность, путешествие, гид, проводник и другие.

Keywords: Domestic tourism, pilgrimage tourism, sports tourism, mountain tourism, hiking tourism, water tourism, bicycle tourism, auto tourism, horse tourism, air tourism, ecotourism, tourism activities, travel, guide, guide and.

A number of reforms are being implemented in our country to develop the tourism sector, expand tourism and related infrastructure in the regions, diversify tourism products, and create new tourism sites, and tangible positive results are being achieved.

Appendix 1 to the Decree of the President of the Republic of Uzbekistan No. PF-5611 “On additional measures for the accelerated development of tourism in the Republic of Uzbekistan” dated January 5, 2019 “In 2019-2025



The "Concept" for the Development of Tourism in the Republic of Uzbekistan sets out important tasks aimed at developing tourism in the country.

For example, the development of special programs for the development of domestic tourism is set. Today, field practices and various sports and health tourism trainings are organized for students of geography, history, physical education and tourism.

Therefore, great attention is paid to the development of sports and health tourism, using elements of sports tourism, as one of the means of educating the younger generation as physically and spiritually mature people.

Mass development of a healthy lifestyle in our republic by attracting different segments of the population to sports and wellness tourism.

Note: The relevance of our topic is that sports and health tourism is, first of all, a path to health. It is increasingly being proven that traveling, watching nature, breathing fresh oxygen-rich air, and being exposed to the sun's ultraviolet rays are more beneficial for a person than taking medications for some ailments.

Traveling, and moving more, is an important medicine for people, and is used by various segments of the population as the most important means of preventing and recovering from diseases.

Our goal is to introduce the types of sports and health tourism in different regions of our Republic and to different population groups.

To promote a healthy lifestyle through the involvement of sports and health tourism, identify places in our country with healing mountain plants, climatic features, and new sports and health tourism destinations that can cure various diseases.

Objectives of the work: To ensure that various segments of the population, through sports and health tourism, gain the energy necessary for vital activity by strengthening their comprehensive health, forming their will, and refreshing their spirit by engaging in sports and health tourism in the fresh air, away from large cities.

In our country, the formation of a healthy lifestyle is being carried out through the involvement of the population in physical education and mass sports. Sports and health tourism is of great importance in implementing this promotion.

Tourism is being developed in different ways in different countries. Some countries achieve this through large expenditures, while others achieve it by taking advantage of the natural resources of the place.

It is no exaggeration to say that attracting tourists through several routes and developing various projects brings significant revenue to any country, rather than attracting them through just one route.

That is why the issues of complex organization of tourist trips are becoming more urgent. Especially, the presence of natural conditions is a positive incentive to make these trips. Currently, sports-health tourism has a special place in the concept of sustainable development of many countries.



International experts are paying special attention to the great importance of sports and health tourism in the development of various regions. There are many opportunities for the development of various sectors of sports and health tourism in the health resorts of our country.

Currently, Uzbekistan is losing in the competitive struggle for international sports and health tourism. Based on this, we believe that Uzbekistan should become a hotbed of international sports and health tourism we need to take targeted, systematic action to develop this sector, making the most of our favorable natural geographical conditions.

Hiking and traveling shape a person's physical fitness, culture, intelligence, and coordination of movements. Our country, with its vast and diverse landscapes, offers many opportunities for extreme sports, although these sports are still relatively new in the country. The nature of Uzbekistan serves as a very convenient place for lovers of active recreation. As a result of the research, after studying the literature and summarizing them, it is possible to divide sports-health tourism activities into the following types: Hiking is mountain tourism. A person engaged in this tourism, first of all, through walking, improves blood circulation in the body, a person is alive with oxygen, the mountain air is saturated with fresh oxygen, saturates the body with oxygen, and in the morning sunlight the body receives the necessary nutrients (vitamin D). Among its beautiful scenery One-day and multi-day trekking, mountaineering, visits to mountain caves, breathtaking views of mountain peaks at an altitude of 3000 to 4000 meters, traditional remote mountain villages with warm and hospitable people, unique flora, endemic and rare endangered animals, beautiful waterfalls, mountain lakes and torrential mountain rivers should be highlighted. We also considered it appropriate to talk about mountain tourism - mountaineering, cave tourism - speleology, and trips to conquer mountain peaks and explore caves by travelers who have been specially trained for such trips. The mountains of Uzbekistan are a very attractive destination for lovers of active recreation, such as mountaineering, mountain tourism, and rock climbing. Most of the country's territory is occupied by plains, but in many regions of the country there are also chains of the Tien Shan and Pamir mountain ranges stretching from west to east. One of the most famous mountainous regions of Uzbekistan is the Chimyan Mountains, the highest peak of which is the Great Chimyan Peak at 3,309 meters. This area is home to numerous hiking trails, rock climbing routes, horseback riding routes, cross-country skiing trails, and more.

There are three ski resorts here - Chimyan, Bildirsay and Amirsay, which attract fans of various winter sports. The ski season lasts from late December to mid-March. The best time for skiing is February.

Deep caves such as Boisun Bulak (amplitude 1415 m), festivalnaya-Ledopadnaya (-580 m) and Ural (-565 m) in the Boisun mountain range, amazing views of the Kulasoy, Langar and Gulkam gorges, healing air of the northwestern rocks of the



Turkestan mountain range in Zomin are places that can attract an unprecedented number of tourists and thrill seekers. is included.

Water tourism. Uzbekistan is one of the few countries that has no access to the sea or ocean, but despite this, it has a lot of water areas for sports water tourism - these are the Charvak deep water basin located in the foothills of the Western Tien Shan, countless torrential rivers and huge sea-like lakes such as Aidarkul, Sudoch and the Tashkent Sea.

While relaxing here, you can ride a scooter at the speed of the wind or explore the surroundings on a catamaran. For those who love extreme recreation, many tour operators offer rafting on rivers such as Chatkal, Pskem, Ugam, Syrdarya and many others.

Water tourism, diving, that is, going on a boat, yacht, or other adventure in water bodies using special equipment, exploring the world of underwater plants and animals, also gives a person a unique pleasure. Of course, it is advisable to engage in this type of water tourism with special preparation.

Air tourism. In Uzbekistan, you can fly with air tourism, that is, paragliding, almost any time of the year, the only limitation is rain, since the wings of a paraglider are made of fabric. The most popular time of year is summer, and the best places to fly are the mountains of the country.

The most popular place for paragliding is the area around the Charvak Reservoir, located 60 km from Tashkent. You can fly with a professional instructor or independently after special training. In addition to paragliding, there are also sufficient natural conditions for hot air ballooning.

During the flight, a magnificent view of the reservoir and the surrounding mountain peaks opens up, and the human body and senses can enjoy the beauty of nature from above.

Mountaineering and rock climbing. It is no exaggeration to say that Uzbekistan's vast mountainous regions are ideal for mountaineering, rock climbing, and ice climbing. The Uzbekistan Mountaineering and Rock Climbing Federation lists 74 routes in 34 of Uzbekistan's highest mountains on its website, they reported that their altitudes range from 3,099 m to 4,326 m, of which 15 routes are at level 4 A or 4 B, 9 routes are at level 5 A or 5 B, and only one route is at level 6 A.

Equestrian tourism. An increasing number of tourists are visiting Uzbekistan to engage in equestrian tourism to see famous, purebred Uzbek horses, watch national equestrian competitions, and experience the incomparable joy for our bodies and emotions from riding a thoroughbred horse.

It is known from history that from the 11th century BC, war horses were exported from the Fergana (Davon) Valley along the Silk Road for the army of the Chinese emperor, indicating the development of equestrian sports, equestrian tourism, and interest in horses in Uzbekistan.



Not far from Tashkent, in a beautiful valley, at the foot of the Big and Small Chimyan, at an altitude of 1,600 meters, is the Chimyan Oromgoi resort complex, designed for equestrian enthusiasts. Here you can take a walk around the beautiful surroundings of the resort.

One of the most popular routes for experienced riders is the route along the northern slopes of the Ugam Range, along the Pskem mountain river. The duration of the horseback riding trip can be 7-10 days. Horseback riding takes place in protected areas with a diverse and changing flora and fauna.

It is also possible to organize multi-day horseback riding trips near the Pulatkhan Plateau of the Ugam-Chatkal National Park, in the Western Tien Shan Mountains, the Nurota Range, and Lake Aydarkul.

Of particular interest are the horse riding routes in the mountains of the Hissar Range. They start from small mountain villages in the Kashkadarya region and end in the areas of the Surkhandarya River valley. The highest points of the routes can reach 4,000 meters.

Along the way, hikers cross high altitude zones, spruce forests, alpine meadows, mountain tundra, and in some areas perennial snow and glaciers.

A trip through the mountains, where the fresh and clear air is filled with the fragrant aroma of countless herbs and flowers, and a romantic dinner around a campfire under a bottomless mountain sky full of thousands of stars, will remain in your memory for a long time.

Cycling tourism. Cycling tourism in Uzbekistan is considered a type of tourism rich in exoticism, myths and oriental hospitality. The season begins in mid-April and lasts until November.

Cycling tours can be combined with a trip along the Great Silk Road, a trip to the ancient cities of Samarkand, Bukhara, Khiva and Termez, as well as a trip through breathtaking mountain landscapes and flower-filled valleys.

Cyclists can experience the local way of life while touring villages and mountain villages. For those who love extreme sports, there is a route along the Aktog mountain range near Samarkand that can provide a very exciting experience.

The responsibilities of travelers during the trip are clearly defined. A cook, a doctor, rescue specialists are involved in the trips. Farm equipment, tents, overnight equipment, cooking equipment, rescue equipment are made.

The following rules are observed when organizing travel groups and determining their tasks when conducting tourism activities, going on walks, excursions. The purpose and objectives of the trips, as well as the route of the trips, are determined. It is important to take into account the age and physical fitness of the children.

Travel directions are determined to the hills, streams, rivers, lake shores, forests, because the places with favorable geographical conditions for the main health-improving task of the trip are determined and a topographic map is prepared.



Mountain tours - alpinism and trips to reservoirs and trips in technical vehicles are allowed to travelers with special training.

It is appropriate that the period of public trips is set for the spring, summer and early autumn months, because in the winter months travelers who do not have an independent preparation stage may cause unpleasant injuries during the trip.

Specially trained groups are allowed to go on trips in winter and in the season with many natural phenomena.

It is essential to take into account natural disasters that may occur during the trip and to be seriously prepared for rescue operations and first aid in the event of adverse events such as injuries.

In tour groups, it is necessary to divide the responsibilities of travelers. Depending on the type of tour, there are designated leaders: guides, trailblazers, cooks and medical assistants, those responsible for household equipment, organizers of public events, and those with understanding and knowledge related to the tour.

Preparing the necessary equipment for the trip: travel clothes, hats and shoes are selected according to the season and the nature of the trip.

Luggage should be selected according to the age and physical fitness of travelers, be waterproof, have many pockets, and be easy to open and close.

Additional clothes, hygiene products, washing equipment, towels, eating equipment, first aid equipment, needle, thread, writing instruments, camera, literature, binoculars, flashlight and other accessories and weapons are prepared depending on the type of hiking.

It is also worthwhile to learn how to make tents and sleeping bags, purchase household tools, food products, equipment for public events, and learn how to prepare and use communication devices.

Walking in the beautiful nature, in the fresh air, preparing and eating delicious food while relaxing, having a group conversation around a campfire in the middle of nature, of course, if a beautiful song accompanied by guitar music was played during the conversation, it would create a process that would make the walk interesting and enjoyable, strengthen the body, and provide a high level of mood and a strong psychological energy.

When involving children in tourism activities, their health should be checked. Children of all ages can be involved in excursions to urban and rural cultural centers, museums and historical monuments, recreation parks, and swimming pools.

General preparation for trips includes preparing travel equipment, choosing clothes and shoes, preparing backpacks and tents, forming theoretical knowledge about tourism and travel, watching films and videos about the flora and fauna of travel and travel destinations, national heritage, and historical monuments.

By organizing evenings about the homeland and its history, famous scholars, meetings with experienced travelers, and mentors, young children are taught



the ways of traveling, and moral qualities such as friendship, brotherhood, sociability, courage, organization, simplicity, and honesty are formed.

Special preparatory training for travelers is the formation of physical movement skills and abilities, the development and improvement of physical qualities, that is, the formation of special theoretical and practical knowledge and skills in travelers.

During tours and travel training, travelers learn essential life skills such as walking, running, jumping, climbing, hanging, leaning, crawling, throwing, pushing, lifting, swimming, bathing, wading, rafting, and boating.

Multi-day trips involve teenagers who are physically and specially prepared. Going on trips should be done after several preparatory sessions. The route, duration, and time of the trip should be selected based on the general and special preparation of the travelers, as well as weather and climatic conditions.

It is not necessary to travel in the same direction regularly. It is necessary to organize a check-up of travelers at the beginning and end of each event during the trip. Places to stay include the edges of forest areas, places with few trees, sheltered places on hills and mountains from the wind, it is of course most important to take into account that it is away from rocks, there is no risk of rock and soil displacement, at least 50 meters away from water bodies, and away from animal dens, highways, industrial plants, and power plants.

Cutting down trees and gathering firewood without permission is prohibited. Extinguishing bonfires and burying ashes is a must. Keep children away from bonfires, keep flammable materials away from bonfires, assign a bonfire starter, and take precautions when warming up in the cold season.

It is important to use flameless lanterns when camping at night. Sleeping bags should be used correctly and kept clean and dry at all times. It is possible to have guards on duty during overnight stays. Evening and morning checks of travelers will be introduced.

Groups of travelers must be specially trained to go on multi-day trips. Also, children over 16 years of age are only allowed to go on overnight trips with parental permission.

Many injuries can occur during long-distance travel, as a result of natural disasters. Most of these injuries are musculoskeletal, musculoskeletal and brain injuries.

In this case, the muscular system can be damaged, open and closed bone fractures, brain injuries, and open injuries of soft tissues. Also sun and heat stroke, cold stroke, fainting, sudden cessation of breathing and heartbeat, injury and poisoning are possible when consuming poisonous plants and fruits, being attacked by poisonous insects, snakes and predatory animals, drowning in water and avalanches, being buried under snow, being struck by lightning, or being burned.



Accommodations must be inspected and cleaned. Night shifts must be organized. During the trip, it is necessary to keep a diary, record events and incidents. Travelers must comply with the requirements of personal hygiene and public hygiene, rest and eat on time.

It is necessary to avoid causing damage to flora and fauna, the environment, hunting without a permit, and consuming plants without supervision. It is necessary and obligatory to constantly inform travelers about their mood, activities, and distance traveled using communication devices.

CONCLUSION AND SUGGESTIONS

Conclusion. During the years of independence, special attention was paid to the development of physical education and sports in the Republic of Uzbekistan. A sufficient number of legal and regulatory documents were developed and their implementation was ensured for the implementation of these works.

The tourism industry is one of the fastest growing sectors of the world economy. Its widespread development is becoming a major source of income for many countries, including Uzbekistan.

Measures taken by our government to ensure the implementation of decrees, laws and decisions on the further development of tourism serve the sustainable development of this direction in our country. Based on these reforms, we can say that the development of sports and wellness tourism in our country is an important factor in strengthening people's health.

Mountain tourism and sports-health tourism should be used effectively at least two or three times a year. After all, tourism is a pledge of not only inner peace and lightness, but also mental and physical health.

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