

TOURISM IS AN INTEGRAL PART OF PHYSICAL EDUCATION

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ABSTRACT

This article discusses the content of tourism in the process of physical education, the relationship of tourism to physical education.

Keywords: tourism, physical activity, wellness, harmonious personality, social activity, tourist travel, travel, physical ability.

Introduction

Today, such events as "Umid Nihollari", "Barkamol Avlod" and "Talaba" Universiade are being held in the country to raise a healthy generation and ensure the health of all citizens. Effective use of time, strengthening community health is to ensure the full development of the individual. Travel students develop a relationship with nature and aesthetic pleasure. Students develop such qualities as kindness to each other, friendship, brotherhood, helping each other in difficult situations, and supporting each other. Travel has its own meaning and significance in the restoration of national values, in-depth study of the history of our spiritual and enlightenment culture - in our national pride and in teaching young people the ideology of the modern age. Activists of the Uzbek Tourism Company and various international associations play an important role in this process. There are many educational aspects to travel, both physical and spiritual. It is no exaggeration to say that their

scientific and pedagogical study is one of the most important aspects of our time. We all know that most of our republic is mountainous and picturesque. That's why it's important to do hiking with schoolchildren. Tourism attracts the masses with its ease and interest, that is, people can engage in this or that sport, taking into account their age and physical fitness, in order to engage in tourism.

Physical education basically solves three tasks:

healing

knowledge

upbringing

Tourism solves the fourth task - sports, which means that tourism not only provides general physical training for all sports, but also prepares all types of athletes. The tourism plan consists of pre-planned trips, excursions, hikes, mountaineering and excursions, which are considered as a factor aimed at the development of physical abilities and physical qualities and active recreation, without creating any benefits. Geologists know from the travels of hydrogeographers that they plan their travels to create material value. In the process of physical education, its special aspects are used. Crossing certain obstacles in nature during tourist trips develops mental, physical, moral and aesthetic qualities in people. It develops in them the qualities of team spirit, fearlessness, strength, endurance.

During the trip, you will develop the skills and abilities to adapt to the mountain, field lifestyle, living and working conditions. Tourism is richer in physical exercises than other physical education factors. Accordingly, they are distinguished by their vitality and practicality.

Tourism as a means of physical education has the following main features:

- ✚ Life-practical feature. Independent activity, initiative educates. Forms and develops a range of skills such as leadership, management, targeting, choosing the right path and finding the right one, reading a map.
- ✚ Tourism equals physical qualities and motor skills, because it does not develop the qualities required for a particular specialist.
- ✚ Preparing for the trip and all the activities during the trip are of vital importance walking, running, overcoming obstacles, and other life-long exercises.
- ✚ Tourism has a certain level of physical fitness does not require That makes it look like a sport.
- ✚ Exercise during tourism affects the body depending on climatic conditions as well as cold, heat, wind and the relief of the route, and its effect can vary.
- ✚ Competition plays a key role in tourism.
- ✚ Tourists choose a leader from among themselves. The leader must be over 16 years old and experienced. In tourism, the leader himself participates with the participants. It performs certain additional functions:

1. creation of a tourist itinerary;

2. study the composition of the participants and their identities;

3. Review of equipment needed for tourism travel;

4. solving practical problems of travelers;

If the participants are young tourists, they will be assigned a specialist guide not younger than 19 years old.

The main form of tourism is straw. Travel tourism

uses all the forms and techniques you need to know during the course, thus shaping vital movement skills. The course covers swimming, climbing, etc., as well as working with topography and overcoming obstacles. Tourism is considered as a means of physical training, it is recommended to overcome natural obstacles, to combine lifting with exercise.

Experience shows that it is important to provide knowledge about the history of tourism, its main directions, types, categories, tourist services, all issues related to tourism science in general, and even to define and classify each of the concepts and terms related to tourism. which is a separate subject-level issue and is directly related to the process of engaging in physical education.

In short, today the role of physical education in improving the physical fitness of schoolchildren and students and in the upbringing of a comprehensively developed generation is growing. This requires the introduction of new pedagogical technologies in the "Physical Education" programs in all educational institutions, the development of special tests "Alpomish" and "Barchinoy", the further strengthening of national games. There is also a need to address issues such as educating students about their physical fitness

and maintaining an ecological balance between man and nature by rehabilitating their walking abilities. It is advisable to conduct physical education classes in accordance with the requirements of the time and to organize classes using new pedagogical technologies. In addition, competitions are organized to teach students to pay attention not only to their physical qualities, but also to their mental and spiritual qualities, and to prepare them for work, defense, and to form a healthy lifestyle through physical education and sports. It is no exaggeration to say that tourism is an integral part of physical education..

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