

INNOVATIVE TECHNOLOGIES FOR MAINTAINING STUDENT HEALTH THROUGH SPORTS IN HIGHER EDUCATION INSTITUTIONS IN UZBEKISTAN

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Annotation. This article describes the essence of the prospects of the present day in the country of Tourism, New Directions and new forms of tourism, as well as the content of organizational and methodological requirements for travel activities for student youth, etc.

Keywords: healthy lifestyle, mass events, sports tourism, integration, route, recreational, environmental, vocational, rehabilitation, adaptive, sports tourism.

Аннотация. В данной статье раскрывается суть перспектив современного развития туризма в стране, новые направления и новые формы туризма, а также содержание организационно-методических требований к туристической деятельности для студенческой молодежи и т.д.

Ключевые слова: здоровый образ жизни, массовые мероприятия, спортивный туризм, интеграция, маршрут, рекреационный, экологический, профессиональный, реабилитационный, адаптивный, спортивный туризм.

Annotatsiya: Ushbu maqolada turizm mamlakatidagi bugungi kun istiqbollarning mohiyati, turizmning yangi yo'nalishlari va yangi shakllari, shuningdek talaba yoshlar uchun sayohat faoliyatiga qo'yiladigan tashkiliy va uslubiy talablarning mazmuni va boshqalar tasvirlangan.

Kalit so'zlar: sog'lom turmush tarzi, ommaviy tadbirlar, sport turizmi, integratsiya, marshrut, rekreatsion, ekologik, kasbiy, rehabilitatsiya, adaptiv, sport turizmi.

One of the priorities of the formation of a new growth is the development of the sports and health sector. Based on this, the decrees of the president of the Republic of Uzbekistan "on the widespread introduction of a healthy lifestyle and the further development of mass sports "adopted on October 30, 2020 (PF-6099) are aimed at ensuring the formation of stable immunity against diseases in every citizen living in the Republic by regularly engaged in physical education and mass sports and compliance with the principles of, it was aimed at creating a systematic and effective organization of restoration and rehabilitation work, mass events for physical activity, infrastructure

and other necessary conditions related to their field. Literature analysis and methodology sports- health tourism in mutual understanding and mutual respect between peoples and nations is an important part of society, an independent, socially oriented sphere of life, which serves as an effective means of spiritual and physical development through the education of a persons attitude to nature. The purpose of sports-health tourism is to form a healthy lifestyle in the population, give up bad habits, adhere to the principles of proper nutrition, systematic and effective organization of Health Work, mass events in the field of physical education, formation of views on sports. Sports and health tourism is represented by recreational, adventurous, environmental, professional, rehabilitation treatment, adaptive, sports and other types of Tourism. Sports-health tourism can be distinguished from the following features:- sports-health tourism is not an area of service provision;-sports-health tourism is not aimed at taking advantage of the organization of these trips. N. According to Yoons words. Borisova, sports-health tourism-is a set of tours that include hiking along routes of a certain complexity category and competitions on tourism technology. It expressed the opinion that it was aimed at improving the qualifications of tourists, improving routes, applying various methods of insurance and mastering new types of equipment. The integration of sports and health tourism types covers a wide range of issues, ranging from education and upbringing in the educational process, from revealing the structure of education and understanding the basics of maintaining health as an organic part of the development of the individual. In society, a persons attitude to physical culture is constantly changing. The territory of the Republic of the PA in the implementation of sports-health directions in the field of Tourism, physical education health and sports services provided by organizations and individual entrepreneurs must fully meet the requirements to be applied. As sports and health tourism is a social phenomenon, it can only be seen in this direction, in order to promote sports and health tourism, in the field of healthy lifestyle and physical education, it provides mass characteristics in the implementation of the social goal, which contributes to the increase in demand, as well as the creation of new products and services. It certainly stands in the first place in the social sphere, but for the sustainable development of sports and health tourism it is necessary to plan a strategy to increase productivity.

Sport-health tourism develops in accordance with the objective laws of the development of society, being a socially significant phenomenon that exists for the broad masses of working and students in areas, meeting the needs of recreation, knowledge, communication, creativity of people simultaneously, which is part of physical education, sports and tourism. Sport-health tourism was characterized by physical exercise in the duration of long cycles, the stages of its activity were

practically not present in the developments devoted to learning as a sport. In the theoretical development of the foundations of General Physical Culture, Tourism refers, in particular, to physical culture, in which physical rest is considered as a type of Physical Culture. Active recreation of people is the use of this process in relaxation, relaxation, physical exercises to distract from one type of activity to another field, labor, household, sports and military activities, as well as simplified forms of sports. Physical education tools, including sports and health tourism, are widely used in the mode of active recreation and are the basis of a person's healthy lifestyle. On the other hand, as there are different types of active tourism, they include sports tourism, recreational, rehabilitation, professional practical and others, from our point of view, integrated into sports tourism on formal grounds and belong to physical culture. As we know these are different types of tourism from the point of view of the results of the target task, so it is necessary to see them independently and participate in them. There are the following aspects of the current state of sports and health tourism: - reduction of forms of active recreation in recreational institutions; - lack of state support of tourist clubs, their legal support, weakness of their material base; - disorganization of travel agencies and enterprises, lack of concentration of efforts for joint mutually beneficial activities; - change the composition of tourist flows carried out by charter flights of foreign airlines; - strong advertising of foreign tourism and insufficient interest of the media in the domestic market of sports tourism. A systematic approach to the study of sports and health tourism has allowed us to determine the collection of interrelated aspects and their mutual influence, which gives a social and economic effect. We as the main components of the system: the main tourist flows, the structure of tourist and sports organizations, consists in the recommendation of specialists who provide services to the specific complex of the regulatory framework of the movement. Sports and health tourism from a pedagogical point of view is divided into groups according to the following type of activity: educational, software-methodical, scientific-research. It should be noted that sports and health tourism is a pedagogical problem, since in such a type of activity it is possible not only to reflect the pedagogical impact, but also to satisfy the needs and interests of the population.

In sports and health tourism, the specific functions of physical education are very effectively implemented, educational, practical, sports, health and rehabilitation. It also plays a major role as a tool in educating the younger generation in the spirit of physical, aesthetic, labor, moral, patriotic as well as being of great educational importance and is applied as a means of perception of the environment and man in natural conditions. E.S. Research by yaropovets.it shows that the use of means, methods to eliminate physical fatigue, mental disorders and emotional experiences using a wide range of

animation programs (psychological trauma, elimination of chronic physical fatigue); - increase psychological stability in order to ensure the quality of labor activity; - increase physical indicators of needs. Strengthening communication in a small Environment (family, friends, work colleagues), effective use of hygienic factors, physical exercises, Healing Forces of Nature, Climate-geographical habitat; - disease prevention needs; use of means of healing physical education, physiotherapy, natural complex of treatment; flexible Physical Culture, special health programs . Researcher V.V.Novokreschenov defines the following criteria for the development of sports and health tourism: 1. Economic criteria-the effectiveness of the activities of the organization, sports and health tourism clubs in the labor market. The indicators of this criterion include: - profit from the sale of services at enterprises of the sports and health tourism industry operating on the basis of self- financing, where the rational, economical operation of sports facilities can give an important economic effect; - the organization of events and spending on tourist events, trainings, etc.; - income from the production and sale of equipment and equipment for sports and tourism purposes. 2. Social criterion: social criterion is manifested in the social formation of a person, which is based not only on the use of sports and health tourism tools for the development of individual qualities. Physical education means being a means of socialization of the individual in society, resulting in the upbringing of community and mutual assistance responsibility. Also, the social criterion for the effectiveness of the activities of a sports institution is manifested in the attitude of employees to their work, to working conditions. 3. Health criterion: in this criterion, it is common to distinguish several components. First of all, this is a preventive criterion and it is measured by a decrease in the number of diseases, an increase in the duration of life expectancy and an increase in its quality indicators. Secondly, this is the level of physical development of those involved in sports and health tourism. 4. Sporty and practical. This criterion describes the level of tourism skills and skill formation. This criterion is an informative parameter that testifies to the work of the team of teachers.

In conclusion, it should be noted that, taking into account the above, the problem of sports- health tourism from a social point of view, at the height of the innovative technology of teaching sports tourism to students of higher educational institutions, the problem of sports-health tourism carries the task of promoting a healthy lifestyle and providing a mass feature of physical education and sports. Of course, social function is the most important, but for the sustainable development of sports and health tourism, the pedagogical component must also be taken into account. Understanding the place and purpose of sports-health tourism as a pedagogical problem is related to this socialization, the physical and spiritual development of man makes them aesthetic and

ethical, strong-willed; knowledge of the history, culture and traditions of the local population and of course a respectful approach to nature and respect for national traditions.

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