

## **Pädagogische Ansätze zur Ausbildung von Sport- und Gesundheitstourismus**

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**Anmerkung:** Dieser Artikel behandelt die Umsetzung des Curriculums für das Modul "Leibeserziehung und Sport- und Gesundheitstourismus". Die Bedeutung dieses Moduls für den Unterricht von Schülern in der Bildungsrichtung "Sportliche Aktivität (nach Sportarten)" wird analysiert. Die positiven Eigenschaften des Moduls in den Prozess der Organisation der Ausbildung untersucht wurden.

**Schlüsselwörter:** körperliches Training, Sport- und Gesundheitstourismus, Gesundheitsverbesserung, Modul, Training, Lehrplan, Trainingsprogramm, unabhängige Ausbildung.

### **Pedagogical approaches to training sport and health tourism**

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#### **Abstract**

This article discusses the implementation of the curriculum for the module "Physical education and sports and health tourism". The significance of this module in the process of teaching students in the educational direction "Sports activity (by type of sport)" is analyzed. The positive features of the module in the process of organizing training have been investigated.

**Keywords:** physical training, sports and health tourism, health improvement, module, training, curriculum, training program, independent education.

In recent years, the republic has been gradually implementing a set of measures aimed at further developing the spheres of tourism and sports, widely attracting the population to physical culture and sports, improving infrastructure, preserving cultural heritage and creating favorable conditions for tourists' travel by ensuring the interconnection of territories with high tourist potential [ 2].

The potential of our country is evidenced by the presence of over 7 thousand objects of material cultural heritage of different eras and civilizations, including the historical centers of Bukhara, Khiva, Samarkand and Shakhrisabz included in the UNESCO World Heritage List. World famous historical monuments, modern cities,

the unique nature of Uzbekistan (mountains and lanshavts), unique national cuisine, as well as the unsurpassed hospitality of our people attract travel lovers.

Along with this, despite the opportunities created, activities for the development of tourism, sports and cultural heritage are not organized at the proper level, there are still unresolved issues in digitalization and public-private partnerships, including increasing the role of the private sector in these areas.

In order to introduce modern management mechanisms in the spheres of tourism, sports and cultural heritage, as well as to accelerate the development of infrastructure in these areas, to efficiently operate facilities and create the necessary conditions for the population, on the basis of advanced foreign experience, a solid regulatory and legal framework has been formed, one of the foundations of which is Decree of the President of the Republic of Uzbekistan "On measures to further improve the system of public administration in the spheres of tourism, sports and cultural heritage", signed on April 6, 2021 [3].

On the basis of the decree, the following one of the main tasks and activities of the Ministry of Tourism and Sports of the Republic of Uzbekistan in the field of tourism were identified, these are: diversification of types of tourism, first of all, the implementation of a set of measures for the development of pilgrimage, environmental, ethnographic, business, sports, gastronomic, medical, educational and scientific tourism, as well as their infrastructures; organization of training, retraining and advanced training of personnel in the field of tourism at a high level, assistance in the development of industry tourism science, etc. [3].

At present, problems in the system of sports and health tourism have emerged in the Republic of Uzbekistan. Tourist clubs of cities and regional centers, tourist sections of physical education groups, republican and regional federations of sports tourism ceased to exist. Children and youth tourism is experiencing great difficulties. There was an acute shortage of tourist organizers, leaders of weekend hikes, categorical routes, tourism instructors. Gone are the history of training camps for the preparation of tourist assets, competitions in tourist equipment, long-distance hikes, conducted with the aim of improving sportsmanship. The current situation has led to a significant age gap between experienced specialists in sports tourism and young people who would like to acquire the skills and knowledge to carry out sports trips, to fulfill the category standards. Further development of these trends threatens to result in a complete loss of the experience that was accumulated in Uzbekistan in previous years [4].

The need to build professional training of specialists in sports and health tourism (SOT) during the transition to a credit-modular education system is due, inter alia, to an extremely unfavorable situation with the organization of tourist and excursion activities carried out by educational organizations, including schools, colleges, universities, organizations of additional education and other organizations involved in active tourism.

The training of SOT personnel for work in the above-mentioned educational institutions often takes place without instilling in students the practical skills of

organizing and conducting active tourist events, this is especially true when conducting tourist events in natural conditions (tourist sports and recreational trips, rallies, competitions).

As a result, at present, both state educational institutions (schools, colleges, universities) and companies specializing in organizing active tourism tours are used as organizers and leaders of tourist trips (teachers, teachers of additional education, instructors-guides on routes from overcoming various kinds of natural obstacles), insufficiently qualified specialists trained according to the Tourism Manager training programs, "Social and cultural service and tourism", "Tourism", "Recreation and sports and health tourism" and some others, or instructors who do not have higher or secondary specialized education, but received an "instructor certificate" from public organizations.

According to a number of professionals in the field of physical culture and sports education, today, in order to implement the process of training highly qualified specialists in physical culture and sports, it is necessary to find ways to combine training programs for athletes with educational programs for professional training [5].

The need to improve the system of professional education in sports and health tourism is caused by the social order of society: today the requirements for the level of quality of graduate training on the part of employers are changing, and, consequently, for pedagogical activity. There is a need to develop such a model of professional education for sports and health tourism, which would meet the requirements of the time and ensure a stable position of a specialized educational institution in the market of educational services [6,7].

**The purpose of the research is** - to study the significance of the developed curriculum for the module "Physical education and sports and health tourism" in the educational process of students studying in the direction of "Sports activity (by type of sport)".

**Subject of research:** credit-modular program in the discipline "Physical education and sports and health tourism".

**Object of research:** faculty "Taekwondo and sports activities" of the National University of Uzbekistan named after Mirzo Ulugbek.

**Research methods:** analysis of the construction of the curriculum and curriculum.

According to the curriculum approved by the leadership of the university and agreed with the Ministry of Higher and Secondary Specialized Education of the Republic of Uzbekistan, the credit-modular curriculum for the discipline "Physical education and sports and health tourism" is designated and taught in the section "General professional subjects". The teaching of the discipline, according to the curriculum for the preparation of a bachelor in the educational direction 61010303 - "Physical education and sports and health tourism" is carried out in the 4th semester of the 2nd year within the allotted 120 hours (classroom and practical training, independent education).

This curriculum is decisive for the professional training of the student, since the main focus is the formation of theoretical and practical, regulatory, legal and organizational and managerial foundations for physical education and sports and health tourism, which is implemented on the basis of its versatile opportunities for effective use in the provision of recreational and tourist services to the population.

To fully understand the potential of sports and health tourism, its economic, health, cognitive and educational value, it is necessary to take into account social, psychological and economic patterns, as well as processes occurring in other areas of knowledge. Moreover, understanding these processes in the field of recreation and tourism without practical and methodological skills and knowledge formed by students in the process of studying this course is practically impossible.

The objectives of mastering the discipline "Physical education and sports and health tourism" are as follows: to give knowledge and concepts about tourism, its goals and objectives. The history of the origin and development of tourism. Description of the regulatory program and organizational foundations of tourism; to form students' basic theoretical knowledge and practical skills of carrying out recreational and recreational activities with the population by means and methods of sports and health tourism; to familiarize students with a healthy lifestyle, cultural, historical and environmental values of tourism. To instill in students a sense of civic and professional responsibility for environmental protection and ensuring the safety of participants in tourist events; to form the basic practical and organizational-methodological skills of carrying out sports, as well as tourist and recreational work with different age-sex groups of the population; to form students' basic professional and pedagogical skills and skills of independent use of the technique of tourist training exercises, their skillful use during the provision of recreational, health-improving and tourist services to the population; to form students' knowledge about the forms, methods and patterns of the use of sports and health tourism in order to strengthen the physical condition of a person, as well as about its educational and educational potential and applied role.

At the same time, the curriculum includes forms, methods of physical education and sports and health tourism, ways of organizing tourist events with university students, preparation for sports and tourist trips and the necessary equipment, food, medicines and first aid for injuries, acquaintance with topography.

In the process of mastering this discipline in the theoretical, practical and independent sections of education, it is assumed that students will have the following competencies:

- **in pedagogical activity:** he is able to independently determine the goals and objectives of the pedagogical process of sports, recreational and health-improving, tourist-local history, recreational-leisure and recreational-rehabilitation activities; is able to select the means and methods of educational-training, tourist-educational, recreational-leisure and recreational-rehabilitation activities that are adequate to the set tasks, taking into account ethnocultural and socio-demographic factors; is ready to use in practice the means, methods and techniques of teaching motor actions

associated with educational and training, recreational and recreational and tourism and local history activities, to monitor the effectiveness of their implementation, to develop and use techniques for their improvement; is able to determine the magnitude of the loads that is adequate to the psychophysical capabilities of the individual in various climatic and geographical conditions of the places where classes and events are held for cycles of varying duration; is capable of forming a stable motivation for the professional activity of an individual, her professional growth and development;

**- in organizational and managerial activities:** ready to organize and ensure quality control of the provided tourist and recreational services; is ready to organize and conduct recreational and recreational, mass physical culture, tourist, local history and sports events in educational, cultural and leisure, sanatorium and resort, recreational and recreational institutions; is able to design cycles of health-improving and recreational services for various socio-demographic groups of the population and tourists; is ready to plan and organize the activities of the population on the use of various values and means of tourism and local history, recreation and rehabilitation in order to strengthen the health and social adaptation of the individual; is ready to develop programs, training regimes for sports and health tourism, motor recreation and rehabilitation of the population, the selection of appropriate means and methods for their implementation in cycles of classes of varying duration.

A distinctive feature of this module is that most of the provisions of a student's specialized training require basic skills in a variety of different types of tourist activities. In this regard, it is necessary to use practical (including independent) lessons on the ground using the most common methods and special equipment that ensure the high-quality performance of educational tasks and the safety of tourists.

The use of interactive forms of conducting classes in the educational process is one of the main tasks of this educational module. These are: work with tourist databases and information systems (search for information about tourist sites, routes, location, ways of access and approach); work with electronic booking systems (booking air and railway tickets, booking hotels, booking tours); interactive student survey forms (test control).

At the same time, a special place in mastering this curriculum is given to the independent education of students, which includes the participation of students in practical work on the organization and refereeing of competitions, work in sports clubs with children, sports and recreational trips, training seminars, conferences, activities in public tourism organizations.

Independent education of students will be aimed at solving the following tasks: 1) developing skills in the perception and analysis of professional information; 2) the formation of skills in the organization and implementation of sports and health tourism; 3) development and improvement of the ability to make decisions and implement them; 4) development and improvement of creative abilities in the independent study of professional problems.

Based on the assigned tasks, students will have to:



- are directly involved in all sports and recreation tourism activities during the semester, as well as fulfill all the tasks set during the trip (duty officer, commander, guide, orderly, cook, commandant, reporter, etc.), as well as develop certain skills in this direction;

- keep a diary of all activities and sports tourism trips and record the most important and interesting events, tasks (travel impressions, completed tasks, gymnastics complex, landscapes, various competitions, flora and fauna, names of places, life of leading workers, etc.) - regular recording can be envisaged.

- to solve practical and written homework assignments (drawing diagrams, maps, topographic markings and writing the history of places, making photomontages, etc.), photographing places.

- take an active part in all activities carried out during sports and health tourism trips (locating, walking in azimuth, hanging from a rope, first aid, building a tent on time, preparing food, publishing a poster, singing or reading poetry, etc.).

**Conclusion.** As a result of the analysis of the training program "Physical education and sports and health tourism" intended for students studying in the educational direction "Sports activities (by sports)" will allow students to:

**Know:** the goals and objectives of the pedagogical process of sports, recreation and health, tourism and local history, recreational and leisure and recreational and rehabilitation activities; basic concepts, regulatory and organizational and methodological basis of sports and health tourism; prospects and main directions of development of physical education and sports and health tourism; the main types, forms and content of sports and health tourism.

**To be able to:** use in practice the means, methods and techniques of teaching motional actions associated with educational-training, recreational-health-improving and tourist-local history activities, control the effectiveness of the implementation of methods of teaching motional actions; to develop and use techniques for improving motor actions; to select adequate means and methods of educational-training, tourist-educational, recreational-leisure and recreational-rehabilitation activities, taking into account ethnocultural and socio-demographic factors; determine the magnitude of the loads, adequate to the psychophysical capabilities of the individual in different climatic and geographical conditions of the places where classes and events are held for cycles of varying duration; to organize and conduct recreational and health-improving, physical culture, tourist, local history and sports events in educational, cultural and leisure, sanatorium-resort, recreational and health-improving and tourist-local history institutions; to design cycles of sports and health services for various socio-demographic groups of the population and tourists; to plan and organize the activities of the population for the use of various values and means of tourism and local history, recreation and rehabilitation in order to strengthen the health and social adaptation of the individual; to develop programs, training regimes for sports and health tourism, motor recreation and rehabilitation of the population, the selection of appropriate means and methods of their implementation in cycles of classes of varying duration.

**Own:** innovative technologies of tourism and recreation and health services in all types of educational institutions, in tourism and recreation institutions; receptions of tourist technique and tactics; methods of forming a stable motivation for the professional activity of an individual, her professional growth and development; methods of organizing and ensuring quality control of the provided sports and health services.

In connection with the above, we believe that the main components of sports and health tourism should be: the spiritual and physical development of the nation, a healthy lifestyle, increasing hiking skills and instructor qualifications, in order to strengthen the health and social adaptation of the individual.

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