

Sport Tourism as a Sport and Form of Activity

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ABSTRACT

in a pandemic environment, sport is very important in human life to develop tourism and strengthen human health. Creating sports, especially sports tourism, is one way to overcome the health of travellers and the pandemic. Sports tourism is a sport based on competitions on routes that include overcoming obstacles categorized by difficulty in the natural environment (roads and trails with various surfaces and off-road, crossings, passes, peaks, rapids, canyons, caves, etc.), on distances laid in the natural environment and on artificial terrain.

ARTICLE INFO

Article history:

Received 29 November 2021

Received in revised form
27 December 2021

Accepted 26 January 2022

Keywords: Sport, sport tourism, climbing, pandemic, Covid-19, roads and trails with various surfaces and off-road, crossings, passes, peaks, rapids, canyons, caves.

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Sports tourism was previously considered as a fashionable hobby for young people, then sports tourism was positioned in the health services market as an area of active recreation for the population. Recently, sports tourism has become increasingly important in the professional field.

Consider sports tourism not only as a sport, but also as a form of human activity in various life conditions - from outdoor activities to the professional sphere. There is a need for young people to engage in this sport. We need a program with a clear mechanism for the implementation of this sport. The participation of beginners and professionals are completely different things. Those who want to engage in this type of tourism do not know where to start, and do not have a sufficient level of physical fitness, which is necessary for this particular sport. Moreover, for a certain part of the population, this sport should be positioned as a form of professional and active recreation.

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The route, route, with certain places is set. This is the preparation and conduct of sports trips in order to overcome the extended expanse of wild nature on skis (ski tourism), with the help of rafting equipment (water tourism) or on foot in the mountains (mountain tourism). There are two types of sports tourism: active and passive. With an active form of tourism, the basis is the need to engage in some kind of sport.

When passive - this is an interest in a sport, observation. Sports tourism is a traditional form of activity. New forms of sports tourism have significantly revived it in recent times. This is a sport, the main meaning of which is the passage of a certain distance in a certain time with a certain set of obstacles in natural conditions with a high degree of autonomy.

Sports tourism includes the following types of tourism: hiking, mountain tourism, cycling, water tourism,

skiing, horseback riding, autotourism, speleotourism. Sports trips are divided into categories of difficulty: from the 1st - the simplest (you need to walk 100 km in at least 6 days in hiking) to the 6th category - the most difficult. If the 1st and 2nd categories of difficulty are suitable for people in normal physical shape, then for the 3rd and above you already need to be in excellent sports shape, have good endurance, knowledge and high moral qualities.

Not everyone can withstand the daily hard physical labor at the limit of their capabilities in a close team and when every drop of comfort goes to work, while maintaining a positive attitude and, first of all, thinking about a friend. In sports tourism, sports categories are assigned up to the master of sports. In sports tourism there are specialized professional titles associated with the right to carry out professional or teaching activities in the field of sports tourism: guide, instructor (senior instructor, international class instructor) of sports tourism. As in other official sports, in sports tourism there is an organized and professional refereeing, whose activities are regulated by relevant regulatory documents.

By gaining refereeing experience and undergoing the necessary professional training (schools, seminars), judges acquire the appropriate judicial titles up to a judge of the All-Russian category. At the same time, a certain feature of refereeing in sports tourism is that the remuneration of sports judges is small or refereeing is carried out on a voluntary basis. Many of the judges themselves are tourists - athletes with extensive experience and significant sporting achievements. Sports judges in sports tourism, without exaggeration, are respected, honorary representatives of the sports community.

It should be noted that many tourists are also involved in related sports: orienteering and multi-sports, rock climbing, mountaineering, rafting, mountain biking, skiing, yachting and other outdoor activities and sports. Tourists are a reserve for the training of rescuers in the natural environment.

Sports tourism - primarily sports trips - is a team sport in which traditions of mutual assistance and mutual assistance, sports discipline, self-improvement and mutual transfer of knowledge and experience are strong. Passion for sports tourism allows you to get acquainted with the culture and life of various countries and peoples, with wonderful and often even unique corners of nature, interesting sights, enjoy communication, and make reliable friends.

Participation in sports hikes of the initial categories of complexity and in competitions at distances, as a rule, does not require significant financial costs, at the same time it allows you to get the necessary basic skills and enjoy participation in hikes and competitions.

Engaging in sports tourism as a complex sport carried out in a complex natural and social environment, of course, carries certain risks and requires the athlete to have versatile knowledge, skills, experience and good physical, technical and psychological preparation. In large cities of Uzbekistan there are many sports tourism organizations and amateur tourist clubs, which, among other things, conduct schools for the training of tourist personnel. Education in such schools is desirable, although not mandatory for tourism. That is why sports tourism is divided into its different types: cycling, mountain, water, walking and others. Combinations of these types are possible.

But in any form, the main thing is the competitive component. More and more people want to engage in sports tourism. Moreover, this desire does not depend on social status, age and occupation. Sports tourism is the most democratic kind of sport, commensurate physical needs with material possibilities. Many people who want to join this sport do not know where to start so as not to harm their health. We recommend starting to engage in tourism with the most accessible type - hiking sports tourism. It is healthy, low-cost and does not require special training, as in other types of tourism. In Tashkent, sports tourism is developed - mountain, hiking, caving, water, skiing is gaining popularity. Alpinism and rock climbing exist in small professional groups.

It should be noted that some types of sports tourism are not only traumatic, but also dangerous to human life in general. Therefore, the occupation of such types of tourism should be carried out with specialists and in special equipment. Moreover, professionals can be engaged in certain areas to perform vital tasks and improve professional skills.

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