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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PEDAGOGICAL CHARACTERISTICS OF FORMING THE  
PHYSICAL CULTURE OF TOURIST TRIPS ORGANIZING STUDENTS****Turgun Xoldorov**

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[E-mail: xoldorov7777@gmail.com](mailto:xoldorov7777@gmail.com)**ABOUT ARTICLE**

**Key words:** hiking trips, domestic tourism, physical education of students, ecology, travel, health-improving means, pedagogical features.

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**Abstract:** The article discusses the pedagogical features of the formation of students' physical culture by means of tourist trips, domestic and pilgrim tourism, the basic rules and means of physical culture and sports through tourism. It is more important to expand the possibilities of the subject "Tourism and its teaching methodology" given in the curriculum for Physical Culture, to transfer this subject from the block of optional subjects to the block of basic, compulsory subjects. According to the results of the conducted research, the population, especially among the students, is not aware of the information about the nature of tourism and tourist trips, its role in educating the young generation in a comprehensive manner.

**INTRODUCTION**

It is known that our Republic makes a great contribution to the world civilization with its rich nature and historical culture, as well as inexhaustible national and universal values. Along with the scientists, scholars, incomparable objects of cultural heritage, ancient architecture, handicrafts and culinary traditions of our country, tourist trips, especially domestic pilgrimage tourism, are of great importance. The content of the adopted decisions and the main directions defined in them are important in further increasing the effectiveness of the implemented activities. In accordance with them, a number of important tasks were determined at the meeting of video selectors held on December 9, 2020 under the chairmanship of the President of the Republic of Uzbekistan Sh. In particular, tasks were set to attract 700,000 pilgrims using the possibilities of the country's pilgrimage tourism and to ensure the export of services worth 130 million dollars in this direction. To popularize

the image of our country as the center of Islamic civilization, at exhibitions and conferences held in Dubai (UAE), Alanya (Turkey), (Kazan) Russia, Jakarta (Indonesia) and Singapore, as well as "TRT Avaz" (Turkey), "Trans7", "NetTV ", "SCTV" (Indonesia), "AlHijrah" (Malaysia), "HalalTrip" (Singapore) and other foreign media platforms are promoting. In addition, 7 billion will be allocated from the Tourism Sector Support Fund for the implementation of destination promotion measures for the potential of pilgrimage tourism of the Republic of Uzbekistan. the allocation of soum is being determined. Starting from the 2021/2022 academic year, a study program on pilgrimage tourism will be introduced for 3-4 year students of higher education institutions training foreign language specialists. It is worth noting that the implementation of the specified measures in this regard, the development of the tourism industry in our country, first of all, will strengthen the position of Uzbekistan in the world community, will open new opportunities and reliable cooperation doors for foreign investors, will be a factor in the stability of the country's macroeconomic indicators, and the improvement of indicators such as the population's income, employment and entrepreneurship. will lead to further improvement of the service sector.

#### **MATERIALS AND METHODS.**

In addition, tourism not only contributes to the development of the country's economy, but it also regularly develops students and schoolchildren in the spirit of patriotism and pride in their homeland. Therefore, it is more important to expand the possibilities of the subject "Tourism and its teaching methodology" given in the curriculum for Physical Culture, to transfer this subject from the block of optional subjects to the block of basic, compulsory subjects. According to the results of the conducted research, the population, especially among the students, is not aware of the information about the nature of tourism and tourist trips, its role in educating the young generation in a comprehensive manner.

Physical culture and physical education, including tourism, will become more relevant in future development as it is a socio-pedagogical field. As a result of today's rapid automation and electronic development, it is natural for people to become less mobile (hypodynamia). As a result of inactivity, various diseases occur in the human body, immunity decreases. In preventing them, the role of physical culture, physical training (body training), public sports, sports shows, and tourist trips will increase. Low mobility is eliminated through them. According to the World Health Organization, inactivity is the 4th largest global problem. In Uzbekistan, in recent years, especially since 2017, popularization of physical education and sports, promotion of a healthy lifestyle among the population, creation of necessary conditions for physical rehabilitation of persons with limited capabilities, and ensuring the country's proper participation in international sports arenas are consistent in terms of domestic and pilgrimage tourism. measures are being implemented.

The purpose. With the help of internal and pilgrimage tourism, strengthening the health of student youth, helping them acquire professional skills, implementing specific programs that will help them live a long and contented life, and giving recommendations on methodological and pedagogical improvement.

The increase of diseases, the attention of students and young people to their health, the poor quality of physical education classes in educational institutions, the lack of conditions for physical education and sports in the area of student residences, the ignorance of the majority of students about preventive measures to maintain and strengthen health, prophylactic measures ( Inadequate promotion of sanitary and hygienic rules, the large amount of money paid for sick leaves, the cost of medicines and other treatment and examination and analysis tools, etc., make it necessary to implement additional measures regarding the promotion of physical education and mass sports among students. In order to form an all-round mature and physically healthy person with a high culture in the country, determine the priority directions aimed at gaining the skills and knowledge of students in the field of physical education and sports. It is important to include actual tasks aimed at solving the above problems.

According to the information given in the decree of the President of the Republic of Uzbekistan dated January 24, 2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" No. PF-5924, today 19% of the population of the Republic is engaged in physical education and sports. In the main directions of the reform of the physical education and sports system for the period until 2025, the task is to increase this number to 30%.

Tasks. Improving the reforms carried out in physical education and sports, in particular, tourist trips, introducing new tools and forms into their contents, and introducing new pedagogical and information technologies are required. According to the experience of developed countries such as Finland, China, Japan, Korea, many activities are currently being carried out under the slogan "green sports". Their main content is tourist trips, mountaineering, ecotourism and other types of travel. Taking into account the possibility of tourist trips in our republic, in particular, the Jizzakh region, the following tasks can be defined in the formation of physical culture of students:

- maintaining and strengthening the health of students during the pandemic, giving a large place to physical education and public sports and tourist trips in the agenda of students;
- providing healthy physical development and physical fitness of students and youth through trips;
- formation of healthy lifestyle skills and abilities in students and youth with the help of tourist trips;
- to coordinate mental and physical work and make it a habit to independently engage in physical training and public sports and tourist trips in future work activities;

- promotion of mass sports and domestic and pilgrimage tourism in the family, at the place of residence, organization of training courses and tourist clubs at educational institutions to acquire the qualifications of a sports guide;

- formation of knowledge, qualifications and skills necessary for working in the above directions in future physical culture specialists, etc.

In order to maintain and strengthen the health of students in our country, it is necessary to first of all form knowledge and skills about the modern definition of health.

According to the recommendations of the World Health Organization, health is generally defined as the absence of disease in the body. However, this is a very broad concept, which should be understood as "not only the presence or absence of a disease, but the full physical, spiritual and social well-being of a person." Health is a precious asset that enables people to live productive and meaningful lives personally, socially and economically, and enables them to participate actively in work, study, family and community affairs.

The following are the main reasons for the loss of health; stressful situations in the family and at work, harmful habits (drinking, smoking, etc.), disordered eating, eating, lying down, sleeping, lack of physical activity, unfavorable study and working conditions and other negative situations affect not only the social sphere of human activity, but also they cause chronic diseases. For example, working in a regular sitting position, working without a break on the Internet, wrong choice of one's profession, the presence of forced and additional work, absenteeism, lack of professional skills, unhealthy lifestyle, unhealthy family, and unhealthy work team are the reasons for the loss of health over the years.

When promoting health and physical culture and tourism, it is necessary to consider the following:

- to pay attention to students and their families in the process of physical education and sports as other members of the society and to have the necessary information, conduct monitoring;
- with the help of the materials distributed during the health promotion and the implemented programs, physical education and sports personnel meet the special needs of students and their families and adapt them to it;
- physical education and sports staff to have sufficient knowledge, opportunities and support for students and their family members to strengthen their health;
- physical education and sports staff should be aware of general and special health needs of students and know how to satisfy such needs through health promotion;
- to ensure that physical education and sports staff actively participate in student health promotion, etc.

## CONCLUSION

Organized and regularly held tourist trips, mass sports and wellness competitions, and the organization and holding of exhibition sports performances also greatly contribute to the promotion of physical education and sports among students. Health maintenance and promotion factors include:

healthy lifestyle, going on regular tourist trips, monitoring age-appropriate physical development and physical fitness, physical activity, healthy diet, work and rest.

In the process of physical exercise and tourist trips, the following basic rules should be observed:

- Regularity.
- Gradual.
- Simple to complex.
- Repetitiveness.

Basic health exercises:

11000 to 14000 steps per day during the trip, walking 12-15 km. Age-appropriate walking and jogging (for example, 40 years - 40 minutes, 45 years - 45 minutes, etc.). Be physically active for at least 150 minutes per week (Recommendation of the World Health Organization). 20-30 minutes walk after dinner. Take a break from mental work every 45-60 minutes. Organization of rest rooms (recreation, rehabilitation, relaxation, etc.) in every enterprise.

Summary. Traveling has taken an important place in the living conditions of the peoples of the world as a means of upbringing, education and physical training. Today, due to the continuous improvement of social and cultural life, physical culture, sports and tourism occupy a deep place in the content of a healthy lifestyle. Implementation of activities related to international, domestic, pilgrimage and domestic tourism in formation of a healthy lifestyle of students and professors in higher education institutions will greatly help to solve important social, economic and pedagogical tasks.

Organization of "Tourist Clubs" in institutions of higher education, secondary special and vocational education will greatly help to solve the problems that await the solution. Also, organizing tours in the regions rich in tourist routes, such as Bakhmal, Zomin, Forish, will greatly contribute to the education of students and youth.

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