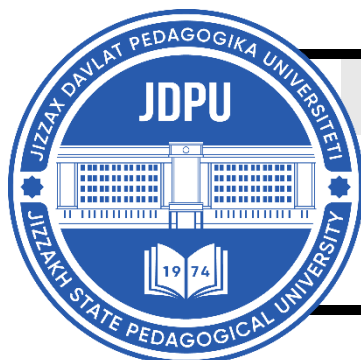


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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>METHODOLOGICAL FOUNDATIONS OF TEACHING STUDENT
YOUTH PHYSICAL EDUCATION AND SPORTS AND HEALTHENING TOURISM**Doniyor Rakhimovich Tillaev***Alfraganus University Associate Professor
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ABOUT ARTICLE

Key words: Sports and recreational tourism, domestic tourism, pilgrimage tourism, ecotourism, cycling tourism, auto tourism, air tourism.**Received:** 10.08.25**Accepted:** 12.08.25**Published:** 14.08.25**Abstract:** This article, in accordance with the Decree of the President of the Republic of Uzbekistan dated April 6, 2021 No. UP-6199 "On measures to further improve the system of state administration in the fields of tourism, culture, cultural heritage and sports" and the Resolution of the President of the Republic of Uzbekistan dated April 6, 2021 No. PP-5054 "On strengthening attention to the organization and protection of tourism activities and the development of sports," is aimed at strengthening the health of the younger generation by prioritizing the development of physical culture and sports in our country, as well as implementing large-scale measures in all areas of the educational process in the field of tourism, the content of the article shows the methodological foundations of the author's life experience in teaching the subject "Physical Culture and Sports and Health Tourism" to students studying in the field of physical culture and sports.

Introduction

In Uzbekistan, tourism serves as an important means of fostering the holistic development of the working population, strengthening their health, and educating modern individuals as active builders of a democratic tourism society. At the present stage, it has become a mass phenomenon and one of the most convenient and effective forms of leisure. Tourism occupies a significant place in ensuring people's healthy recreation. Properly prepared and organized tourist trips have a beneficial impact on health and physical development, strengthening and hardening the body.

Currently, Uzbekistan has embarked on a process of fundamental reform in the field of tourism. The main goal of these reforms is to transform tourism into a strategic direction for the development of the national economy, ensuring its diversification and the accelerated growth of the regions. Tourism is a complex concept directly connected with education, upbringing, public health, and the economy.

Sports and Health-Improving Tourism: Means, Methods, and Content. Within the system of physical education and sports, sports and health-improving tourism in the Republic of Uzbekistan plays an important role in determining the population's physical fitness and level of health. For this purpose, special sports tests and examinations are used. In sports tourism, classification by ranks and categories is determined by the level of difficulty, the number and content of trips, and the criteria for identifying levels of difficulty (categories). This includes pedestrian (hiking) tourism, mountain tourism, and concepts related to distances.

The significance of tourism is emphasized in vocational colleges, academic lyceums, and general education schools, where specialists in this field are trained. Tourism is also integrated with local studies (*ölkashunoslik*) and socially useful activities, including the organization of children's groups, tourist clubs, and the study of techniques and tactics in tourism. This involves the organization and conduct of pedestrian tours, rules of behavior for tourists while on the route, and the completion of excursions. In this process, the roles of students, pupils, and teachers are crucial, as are the organization of various activities during excursions, arrangements for nutrition, medical check-ups and supervision by physicians, and familiarization with procedures for providing first aid in case of injuries.

Tourists are introduced to local studies and tourism-related concepts, as well as the importance of environmental protection. Excursions may include local research and

exploration activities, meteorological observations, signs of good weather, indicators of weather patterns, topographic surveys, geological observations, studies of land structure (relief), hydrological research, botanical and zoological observations, and phenological studies. Tourists also become familiar with railway, water, and air transport routes, river and sea navigation, and environmental conservation practices.

Furthermore, competitions on topography, tourism techniques, and tactics are held. Participants acquire knowledge about topographic concepts, conventional symbols, map-reading skills, methods of determining location by estimation, as well as conducting research and exploration activities during tours. This includes topographic, geological, hydrological, botanical, and zoological observations. All these activities are implemented through the study and application of essential means and methods of tourism.

Proposals and Considerations for Organizing Tourist Excursions in Sports and Health-Improving Tourism. Tourism activities conducted in educational institutions are organized in the form of excursions with children into nature, as well as visits to urban or rural cultural centers, museums and historical monuments, recreation parks, and swimming pools. At the beginning of an excursion, the route is determined. Written notifications specifying the time, route, duration, and participants of the trip are submitted to the local authorities, internal affairs departments, and rescue units. Participants of travel groups are selected carefully. Groups may consist of 6 to 15 people, with 2 to 5 groups allowed per excursion, each led by teachers and mentors. Responsibilities of participants are clearly defined. Cooks, doctors, and rescue specialists are included in the groups, and necessary equipment such as household tools, tents, sleeping gear, cooking utensils, and rescue equipment is prepared in advance.

When organizing tourism activities, excursions, and journeys, the following rules are followed: the purpose and objectives of the trip are defined, and routes are chosen taking into account the children's age and physical preparedness. Routes are typically planned to hills, riverbanks, lakesides, and forests, as such geographical conditions are more suitable for fulfilling the primary health-improving objectives of tourism. For these, topographic maps are prepared. Mountain trips, alpinism, and excursions to water reservoirs or trips using technical means are permitted only for specially trained tourists.

It is advisable to schedule mass excursions for spring, summer, and early autumn, since during the winter season untrained participants may face unpleasant injuries and difficulties.

In winter and in seasons with frequent natural events, excursions are permitted only for groups with special preparation. During any excursion, potential natural disasters must be considered, and careful preparation for rescue operations and first aid in case of injuries is mandatory.

Responsibilities within the travel group must be distributed: a guide leading the route, a rear guard, assistants to the cook and doctor, individuals responsible for equipment, organizers of mass activities, and those knowledgeable about the specific type of excursion are designated. Backpacks are chosen according to participants' age and physical capabilities—they should be waterproof, have multiple pockets, and be convenient to open and close. Additional clothing, hygiene items, washing supplies, towels, cooking utensils, first-aid kits, needles, thread, stationery, cameras, literature, binoculars, flashlights, and other tools or equipment are prepared depending on the type of excursion.

Camping equipment such as tents and sleeping bags, household utensils, food products, and items for mass events are also taken, along with communication devices and training in their proper use. The cultural and emotional aspects of tourism are equally important: cooking delicious meals in the fresh air, gathering around a campfire in the beautiful outdoors, engaging in group conversations accompanied by guitar music and songs—all of these make excursions more enjoyable and engaging, while also strengthening the body, uplifting the mood, and enriching psychological energy.

Before children are involved in tourism activities, their health must be checked through medical supervision. Excursions to cultural centers, museums, historical monuments, recreation parks, and swimming pools can include children of all ages.

Conclusion. In sports and health-improving tourism, the route, duration, and timing of excursions must be chosen based on the participants' general and specific preparation, as well as weather and climatic conditions. It is not necessary to repeatedly organize trips along the same routes. During excursions, it is essential to conduct roll calls of participants both at the beginning and at the end of each activity. Overnight camping sites should be located at the edge of forests, in areas with few trees, on sheltered slopes protected from the wind, and away from cliffs, landslide-prone areas, and no closer than 50 meters to bodies of water. Campsites must also be kept at a safe distance from animal dens, automobile highways, industrial facilities, and power stations.

The camping grounds should be cleared of dry branches, stones, and clods, and marked with signs or flags. Places for one-, two-, or multi-person tents must be carefully selected and prepared in compliance with proper pitching rules, with tents always positioned against the direction of the wind. Special areas must be designated for group discussions and campfires. Technical safety rules must be followed when preparing communal meals or lighting campfires independently. Campfires should not be made inside forests, and fire pits should be enclosed with stone walls. It is advisable to use slow-burning hardwood for fuel. Cutting down trees or preparing firewood arbitrarily is strictly prohibited. All campfire embers must be fully extinguished, and the ashes buried. Children should not be allowed near campfires, and flammable substances must be kept at a distance. A responsible person must be assigned to maintain the fire, and additional safety precautions should be observed during cold seasons.

For night rest in tents, only flameless lighting should be used. Sleeping bags must be used correctly and kept clean and dry at all times. It is also advisable to appoint night watch duty during overnight stays. Evening and morning roll calls must be conducted regularly. For multi-day excursions, participants must undergo special preparation, and only children above 16 years of age, with parental permission, may take part in trips involving overnight stays.

Since the years of independence, particular attention has been paid to the development of physical education and sports in the Republic of Uzbekistan. Sufficient legal and regulatory documents have been developed and their implementation ensured. Tourism has become one of the fastest-growing sectors of the global economy, turning into a major source of income for many countries, including Uzbekistan. Government decrees, laws, and decisions adopted to further develop tourism, and the measures taken to ensure their implementation, are contributing to the stable growth of this sector in our country. Based on these reforms, it can be concluded that the development of sports and health-improving tourism in Uzbekistan is an important factor in strengthening the health and well-being of the population.

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