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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**SPECIFICITY OF THE ORGANIZATION OF SPORTS HEALTH
TOURISM IN DIFFERENT STRATA OF THE POPULATION*****Turgunboy Kholdorov****Ph.D., Associate Professor**Jizzakh State Pedagogical University**Jizzakh, Uzbekistan**E-mail: kholdorov@mail.ru****Azat Kazakov****Associate Professor**Nukus State Pedagogical Institute**Nukus, Uzbekistan**E-mail: kazakov@mail.ru*

ABOUT ARTICLE

Key words: domestic tourism, pilgrimage tourism, sports tourism, mountain tourism, hiking tourism, water tourism, tourism, bicycle tourism, auto tourism, horse tourism, air tourism, ecotourism, tourism activities, travel, guide, and others.

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Abstract: In the content of this article, suitable natural geographical places, which are important in the formation and development of internal sports-health tourism in different strata of the population, methodical instructions and practical recommendations are given. There are also issues of seasonality in the organization of sports tourism, taking into account the natural conditions of the place.

INTRODUCTION

A number of reforms are being carried out in our country to develop the tourism industry, expand the tourist and related infrastructure in the regions, stratify tourist products and create new tourism facilities, and significant positive results are being achieved. Appendix 1 to the Decree of the President of the Republic of Uzbekistan No. PF-5611 dated January 5, 2019 "On additional measures for the rapid development of tourism in the Republic of Uzbekistan" "Important tasks aimed at the development of tourism in the country in the "Concept" for the development of the tourism sector in the Republic of Uzbekistan in 2019-2025 specified. For example, it is established to develop special programs for the development of domestic tourism. Today, field practices and various sports and

health tourism trainings are organized for students of geography, history, physical education and tourism.

Therefore, as one of the means of raising the young generation to become a physically fit and spiritually mature person, great attention is paid to the development of sports-health tourism, and elements of sports tourism are used in this. Mass development of a healthy lifestyle in our republic by attracting different segments of the population to sports and wellness tourism.

MATERIALS AND METHODS

The relevance of our topic is that sport-health tourism means, first of all, a path to health. Traveling, watching nature, breathing fresh oxygen-rich air, and the ultraviolet rays of the sun are proving to be more beneficial to a person in the treatment of some diseases than taking medicine. Traveling, walking more is an important remedy for people, and it is being used in medicine as the most important means of preventing and getting rid of diseases.

Our goal is to introduce the types of sports tourism in different regions of our Republic and to different population groups.

Public formation of a healthy lifestyle by involving in sports-health tourism, identification of places that cure various diseases, medicinal mountain plants on walks, climatic features and new sports-health places of our country.

The implementation of the law on tourism, adopted by the Legislative Chamber of the Republic of Uzbekistan on April 16, 2019 and approved by the Senate on June 21, 2019. and the relevance of the work is self-evident if it comes from the law on the certification of the qualifications of guides.

Tourism is being developed in different directions in different countries. While several countries are achieving this through large expenditures, others are achieving this through the use of the natural resources of this place. It is no exaggeration that attracting tourists through several destinations and developing different projects can bring a lot of income to any country. That is why the issues of complex organization of tourist trips are becoming more urgent. Especially, the presence of natural conditions is a positive incentive to make these trips. Currently, sports-health tourism has a special place in the concept of sustainable development of many countries. International experts pay special attention to the importance of sports and wellness tourism in the development of various regions. There are many opportunities for the development of various branches of sports and health tourism in the rural areas of our country.

Currently, Uzbekistan is losing in the competition of international sports and wellness tourism. Based on this, we should start targeted and systematic actions regarding the necessary activities for the development of this field, making extensive use of our favorable natural geographical locations, which can be the focus of international sports and wellness tourism in Uzbekistan.

Duties. By engaging in sports-health tourism in the fresh air away from big cities, strengthening the health of various segments of the population, forming their will, stimulating their spirits, and providing them with the necessary energy for vital activity through sports-health tourism.

Walks and trips form a person's physical education, culture, intelligence and coordination of actions. Our country offers many opportunities for extreme sports due to its vast and diverse landscapes, although these sports are still relatively new in the country.

The nature of Uzbekistan serves as a very comfortable place for lovers of active recreation.

As a result of the research, after studying the literature and summarizing them, it is possible to divide sports-health tourism activities into the following types:

Hiking mountain tourism. A person engaged in this type of tourism first of all improves blood circulation in his body by walking, a person is alive with oxygen, the mountain air is saturated with fresh oxygen, saturates the body with oxygen, and in the morning sunlight, the body gets the nutrients it needs (vitamin D). Among its beautiful scenery One-day and multi-day trekking, mountain climbing, visits to mountain caves, breathtaking views of mountain peaks at an altitude of 3000 to 4000 meters, traditional remote mountain villages with warm and hospitable people, rare flora, endemic and rare endangered animals. , beautiful waterfalls, mountain lakes and torrential mountain rivers should be highlighted. Mountain tourism - alpinism, cave tourism - speleology, and the trips of the travelers who have special training for such trips to conquer mountain peaks and explore caves are also worth mentioning.

The mountains of Uzbekistan are considered a very attractive place for lovers of active recreation such as mountaineering, mountain tourism and rock climbing. Most of the country's territory is occupied by plains, but in many regions of the country there are also chains of the Tien-Shan and Pamir mountain ranges stretching from west to east.

One of the famous mountainous regions of Uzbekistan is the Chimyon Mountains, the highest peak of which is the 3309-meter Katta Chimyon peak. This area is home to many hiking trails, rock climbing trails, horseback riding trails, cross-country ski trails, and more. There are three ski resorts - Chimyon, Bildirsoy and Amirsoy, which attract lovers of various winter sports. The ski season runs from late December to mid-March. The best time for downhill skiing is February.

Deep caves such as the Boysun spring (amplitude 1415 m), festivalnaya- Ledopadnaya (-580 m) and Ural (-565 m) in the Boysun mountain range, wonderful views of the Kulasoy, Langar and Gulkam gorges, the healing air of the northwestern rocks of the Turkestan mountain range in Zomin - is among the places that can attract an unprecedented number of tourists and thrill seekers.

Water tourism. Uzbekistan is one of the few landlocked countries, but despite this, there are many water areas for water sports tourism - these are the deep water basin of Chervoq in the foothills of the Western Tien Shan, countless flood rivers and the huge sea-like Aydarkol, Sudoche and

Tashkent. lakes like the sea. While relaxing here, you can ride a wind speed scooter or explore the surroundings on a catamaran. For those who like extreme recreation, many tour operators offer rafting on rivers such as Chotkal, Pskem, Ugam, Syrdaryo and many other places. Water tourism, diving, that is, going on a boat, yacht, trip to water bodies in special devices, exploring the world of underwater plants and animals also gives a person a special pleasure.

Air tourism. With air tourism in Uzbekistan, you can fly a paraglider almost any time of the year, the only limitation is rain, because the wing of the paraglider is made of fabric. The most popular time of the year is summer, and the best place to fly is the mountains of the country. The most popular place for paragliding is the surroundings of the Chervoq reservoir, located 60 km from Tashkent. You can fly with a professional instructor or independently after receiving special training. In addition to paragliding, there are also enough natural conditions to travel in a hot air balloon. During the flight, a wonderful view of the reservoir and the surrounding mountain peaks will open, and the human body and senses will be able to enjoy the beauty of nature from above.

Mountaineering and rock climbing. It is no exaggeration to say that the vast mountainous areas of Uzbekistan are designed for mountaineering, rock climbing and ice climbing sports. On its website, the Federation of Mountaineering and Rock Climbing of Uzbekistan mentions 74 routes in 34 high mountains of Uzbekistan, the height of which is from 3099 m to 4326 m, of which 15 routes are at level 4a or 4b, 9 routes are at level 5a or 5b gave information about the difficulties and only one route was a route with a difficulty level of 6a.

The main routes for mountaineering, rock climbing and ice climbing are mainly located in Western Tien Shan: Maidontol ridge, Pskem ridge and Chotkal ridge. Every year open competitions on mountaineering and rock climbing are held here. Of course, it is recommended to engage in this sport tourism after passing the stages of special training.

Horse tourism. An increasing number of tourists visit Uzbekistan to engage in the sport of equestrian tourism, to see famous pedigree, pure-bred Uzbek horses, to watch national equestrian competitions, and to experience the incomparable joy of riding thoroughbred horses to our bodies and temperaments.

It is known from history that since the 11th century BC, war horses were taken from the Ferghana (Davon) valley for the army of the Chinese emperor along the Silk Road, which indicates the development of equestrian sports, horse tourism and attention to horses in Uzbekistan. In a beautiful valley not far from the city of Tashkent, at the foot of Big and Little Chimyon, at an altitude of 1600 meters, there is a resort complex "Chimyon Oromgohi" intended for lovers of horse sports. Here you can walk around the beautiful surroundings of the resort. Experienced instructors now teach beginners how to handle horses, while experienced riders can improve their skills.

From the resort, you can ride a horse along the Chotkal and Koksu rivers and around the Bildirsoy ridge. One of the most popular routes for experienced riders is the route along the mountain river Pskem, on the northern slopes of the Ugam range. The duration of the horse trip can be 7-10 days. Horseback riding takes place in protected areas with diverse and changing flora and fauna. It is also possible to organize a few-day horseback riding trips in the vicinity of the Polatkhan Plateau of the Ugam-Chotkal National Park, in the Western Tien-Shan Mountains, in the Nurota Range and Aydarkol Lakes.

Horse riding routes in the mountains of the Hisar range are of particular interest. They start from small mountain villages of Kashkadarya region and end in the areas of the Surkhandarya river valley. The highest points of the directions can reach 4000 meters. Along the way, hikers cross high altitude zones, spruce forests, alpine meadows, mountain tundra, and in some areas perennial snow and glaciers.

Tourists are surprised by the number of horse clubs that exist in the country, there are more than fifteen of them. They are located in the city of Tashkent and its surroundings, in Fergana, Kashkadarya and other regions.

The journey through the mountain, whose clean and transparent air is filled with the fragrance of countless herbs and flowers, and the romantic dinner around the fire under the bottomless mountain sky, full of thousands of stars, will remain in the memory for a long time.

Bicycle tourism. Bicycle tourism in Uzbekistan is considered a type of tourism rich in exotic, legendary and oriental hospitality. The season starts in mid-April and lasts until November. Cycling tours can be combined with a trip along the Great Silk Road, a trip to the ancient cities of Samarkand, Bukhara, Khiva and Termiz, as well as a trip through exciting mountain landscapes and flower valleys. Cyclists can experience the lifestyle of local people as they travel through villages and mountain farms. For those who love extreme sports, there is a route along the Oktog ridge near Samarkand, which can offer a very exciting feeling.

In addition, open contests and cycling competitions are held almost every month in the warm season in mountainous areas and in large cities, in which everyone can participate.

RESULTS AND DISCUSSIONS

Tourism activities held in educational institutions are organized using the forms of trips to the heart of nature with children and trips to urban or rural cultural centers, museums and historical monuments, recreational parks, swimming pools.

The route of the trip is determined before the training sessions. A written notice will be given to local authorities, internal affairs and rescue department departments about the duration, direction, duration of the trip, and participants of the trip.

The participants of the traveling groups will be selected. Groups can be from 6 to 15 people. Travelers are expected to be from 2 to 5 groups. They are appointed leaders from teachers and trainers.

The responsibilities of travelers during the trip are clearly defined. A cook, a doctor, rescue specialists are involved in the trips. Farm equipment, tents, overnight equipment, cooking equipment, rescue equipment are made.

The following rules shall be observed when organizing travel groups and setting tasks for conducting tourism trainings, excursions, trips.

The purpose and task of trips, the direction of trips are determined. It is important to take into account the age and physical fitness of children.

Travel directions are determined to the hills, streams, rivers, lake shores, forests, because the main health-improving task of the trip is to determine the places with favorable geographical conditions and prepare a topographical map.

Mountain tours - alpinism and trips to reservoirs and trips in technical vehicles are allowed to travelers with special training.

It is appropriate that the period of public trips is set for the spring, summer and early autumn months, because in the winter months travelers who do not have an independent preparation stage may cause unpleasant injuries during the trip.

Specially trained groups are allowed to go on trips in winter and in the season with many natural phenomena.

Taking into account natural disasters that may occur during the trip, it is absolutely necessary to seriously prepare for rescue work and first aid in case of negative incidents such as injuries.

It is necessary to divide the responsibilities of travelers in tour groups, guide, guide, mover at the end of the line, cook and doctor's assistants, responsible for household equipment, organizers of public events, responsible people with understanding and knowledge related to this tour are determined depending on the type of tour.

Preparation of the necessary equipment for the trip: travel clothes, hats and shoes are selected according to the season and the nature of the trip.

Luggage bags should be selected according to the age and physical fitness of travelers, waterproof, with many pockets, easy to open and close. Additional clothes, hygiene products, washing equipment, towels, eating equipment, first aid equipment, needle, thread, writing instruments, camera, literature, binoculars, flashlight and other accessories and weapons are prepared depending on the type of hiking.

Learning how to make travel tents, sleeping bags, farm tools, food products, equipment for public events, and how to prepare and use communication tools is not without purpose.

Walking around in the beautiful nature, in the fresh air, preparing and eating delicious food while relaxing, having a conversation with a group around a campfire in the heart of nature, of course, if you listen to a beautiful song under the guitar music during the conversation, the walk will be interesting and enjoyable, the body will be strong, and the mood will be at a high level. and a process was formed that would ensure saturation with strong psychological energy.

When children are involved in tourism activities, they should undergo a medical check-up. Children of all ages can be attracted to trips to urban and rural cultural centers, museums and historical monuments, parks, swimming pools.

Preparation of travel equipment, selection of clothes and shoes, preparation of bags and tents, formation of theoretical knowledge about tourism and travel, watching films and videos about travel and travel destinations, animal and plant life, national heritage, historical monuments, homeland and about its history, evenings about famous scholars, organizing meetings with experienced travelers, mentors, teaching young children about the ways of traveling, moral qualities, friendship, brotherhood, community, courage, organization, fairness, honesty are formed.

Special training classes for travelers are the formation of physical movement skills and abilities, the development and improvement of physical qualities, that is, the formation of special theoretical and practical knowledge and skills in travelers.

During trips and travel preparations, travelers perform life-saving activities such as walking, running, jumping, climbing, hanging, leaning, crawling, throwing, pushing, lifting, swimming, bathing, wading, rafting, and boating. they learn.

Teenagers with physical and special training are attracted to multi-day trips. Going on trips should be done after several preparatory exercises. The route, duration and time of the trip must be selected based on the general and special readiness of travelers, as well as weather and climate conditions.

It is not necessary to make regular trips in the same direction. During the trip, it is necessary to organize the check-out of travelers before and after each event. Sleeping places should be at the edge of forest areas, few trees, sheltered from the wind, away from rocks, there is no risk of rock and soil movement, at least 50 meters away from water bodies, away from animal nests, highways, industrial enterprises, power stations. getting is definitely the most necessary.

Sleeping areas are cleaned of dry branches, stones and pieces. Bounded by symbols or flags. The rules for choosing and preparing a place for setting up single, double and multi-person tents, as well as for erecting tents, are followed. Tents must be installed against the direction of the wind.

Places are chosen to sit and chat, make bonfires. It is necessary to observe technical safety rules for preparing public food or when lighting an independent campfire. In this case, it is appropriate that

the bonfire should not be in the forest, and the hearths should be surrounded by stone walls. It is advisable to use long-burning oily wood for the bonfire.

It is forbidden to cut down trees and prepare firewood arbitrarily. Burning out the embers and burying the ashes is a must. It is necessary to keep children away from the campfire and keep flammable substances away from the campfires, appoint a campfire lighter, and take precautions when warming up in the cold season.

It is important to use non-flame lamps when camping at night in tents. Sleeping bags should be used properly, they should always be kept clean and dry. It is possible to train people on duty during night time. The introduction of evening and morning check-in of travelers will be implemented.

To go on multi-day trips, a group of travelers must have special training. Also, children over 16 years of age are involved in overnight trips only with the permission of their parents.

Many injuries can occur during long-distance travel, as a result of natural disasters. Most of these injuries are musculoskeletal, musculoskeletal and brain injuries. In this case, the muscular system can be damaged, open and closed bone fractures, brain injuries, and open injuries of soft tissues. Also, sunstroke and heatstroke, eating cold, fainting, sudden cessation of breathing and heartbeat, eating poisonous plants and fruits, poisonous insects, snakes and wild animals attack, drowning in water and avalanches, falling under snow, lightning strikes, burns injury and poisoning are possible.

It is necessary to check and clean the sleeping places. Night duty should be arranged. During the trip, it is necessary to keep a diary, to record the events and incidents. Travelers must observe personal hygiene and public hygiene requirements, rest and eat on time. Do not harm flora and fauna, ecology, do not hunt without permission, do not eat plants without control. With the help of means of communication, it is necessary and necessary to always provide information about the mood of travelers, activities, distance traveled.

CONCLUSION

In the years of independence, special attention was paid to the development of physical education and sports in the Republic of Uzbekistan. Sufficient legal-regulatory documents have been developed for the implementation of these works and their execution is ensured. The tourism sector is one of the fastest growing sectors of the world economy. Its comprehensive development is becoming a source of great income for many countries, especially for Uzbekistan.

Measures taken by our government to ensure the implementation of decrees, laws and decisions on the further development of tourism serve the sustainable development of this direction in our country. Based on these reforms, we can say that the development of sports and wellness tourism in our country is an important factor in strengthening people's health.

Mountain tourism and sports-health tourism should be used effectively at least two or three times a year. After all, tourism is not only a guarantee of inner peace and lightness, but also mental and physical health.

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