

## TECHNOLOGY OF ORGANIZATION OF TOURISM AND ECO-TOURISM IN THE DEVELOPMENT OF STUDENT'S KNOWLEDGE OF PHYSICAL EDUCATION

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### ABSTRACT

Tourism is a reality that today embodies the specific forms and manifestations of social (economic, political and spiritual-enlightenment) life. Regardless of the modern content and interpretation of tourism, it is a science that teaches the legal basis and methods of organizing sports tourism. He promotes the ideas of physical and spiritual recreation, encouraging young people to clean the environment, strengthening the student body, expanding knowledge about the homeland and its nature, self-awareness and local lore.

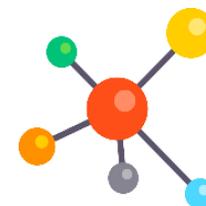
### KEYWORDS

Student, education, knowledge, tourism, technology, eco-travel, development.

### INTRODUCTION

In this regard, teaching the theoretical and practical foundations of tourism in general secondary education is one of the pressing issues. In particular, it is necessary to show and know its role in the field of physical culture and sports, popularize the skills of

looking at tourism through the eyes of sports, as well as the role of tourism in the development of students' knowledge of physical education.



The purpose of the club is to promote the importance of tourism in the upbringing of a harmoniously developed generation, to bring up a physically healthy and mentally mature person, to further strengthen the ties of friendship and social cooperation between students, to develop students' knowledge of physical education.

### THE MAIN RESULTS AND FINDINGS

The purpose of the club is to develop students' ability to conduct travel and sports tourism activities, to teach them how to protect nature and the environment, to use the geographical and tourist potential of Uzbekistan and to create a sense of pride. Develop students' knowledge of physical education.

Students between the ages of 12 and 16 who are in good physical health are admitted to the club. It is advisable to accept as many active university travelers as possible in the "Eco-travel" circle.

The program of the club is designed for two academic years, and these curricula were developed and improved in accordance with the state requirements for extracurricular education, approved by the order of the Ministry of Public Education of March 31, 2011 No 69.

The curriculum highlights the historical development of tourism, its current significance, the theoretical and practical aspects of tourism, the specifics of travel, the role and importance of tourism in raising a mentally and physically healthy generation, the development of ecological and hygienic knowledge of students. Curricula can be modified by club leaders up to 25%, depending on the age of the region and the children involved in the clubs.

Content of the program "Eco-travel"

#### 1. Introduction.

Goals and objectives of the "Eco-travel" circle.

1. The importance of the circle in the study of natural phenomena and travel objects of the country.
2. Develop students' knowledge of physical education during trips.

#### 3. Stages of decision-making and development of the concepts of travel and physical education.

Relationship between the concepts of travel and physical education. History and stages of development of tourism sports. Modern tourism and travel. Purpose and types of trips.

#### 4. The role and importance of travel between physical education and other disciplines (hygiene).

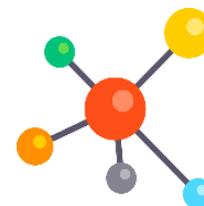
Physical education, sports, hygiene, ecology and tourism.

#### 5. Classification of trips and their description.

Classification of tourism according to the territorial (geographical), the purpose and interests of the traveler, the means of travel, the duration of the trip, the characteristics of the tourist facilities. Forms of tourism. Hiking and mountain hiking. Excursion and its types. Mass tourism. Holiday straw.

#### 6. Natural geography of the country.

Relief, geological structure, climate, hydrography, flora and fauna, soils. Natural geographical phenomena and processes and their consequences. Large mountains in Uzbekistan. Elevation classification of mountains in the country.



Practical trainings in the institution. Conducting meteorological observations. Organization of hydrological observations. Geobotanical and zoogeographic observations. Country toponyms.

Practical training in the field. Study tour on a route where it is possible to make observations on physical education, as well as the acquisition of knowledge about physical education based on the purpose of the trip.

#### 7. Tourist facilities and opportunities of the country.

Tourist opportunities of Uzbekistan. Recreational resources. Ecotourism facilities.

Practical trainings in the institution. Assessing the tourism potential of their country. Collection of data on individual ecotourism sites. Description of recreational facilities in the country. Create a tourist map of your country.

Practical training in the field. Conducting a study tour along a route rich in recreational facilities.

#### 8. Physical training and mental training of the body.

The role of tourism in physical fitness. The need for physical and mental preparation for the traveler. Methods of physical training.

Practical trainings in the institution. Physical training before the trip. Physical training during the trip.

Practical training in the field. Conducting a sports trek along a route that has different landforms (plains, cliffs, slopes, peaks, ravines, etc.). Mapping the detection of hygienic contaminated objects.

#### 9. Techniques and tactics in tourism.

Basic elements of tourism equipment. Tactical training and its types. Basic options of tactics used in tourist walks. Safety regulations. Tactics for walking and hiking in the mountains. Tactics of walking in vehicles.

Practical trainings in the institution. Development of a travel route taking into account technical safety. Tent installation and assembly techniques. Placing items in the backpack. Rules and methods of lighting a fire. Techniques and tactics of overcoming natural obstacles. Choosing a place to rest, stop and spend the night. Procedure for introducing night duty during travel. Holding a sports competition on the elements of tourism.

Practical training in the field. Carrying out of tourist marches on technical and tactical training.

#### 10. Hygiene during tourist walks.

Hygiene and its types. General hygiene is a means of maintaining the health and physical condition of the tourist. Personal hygiene. Environmental hygiene.

Practical training in the institution. Hygiene of food, washing and rest during the trip. Dress hygiene. Cooking hygiene.

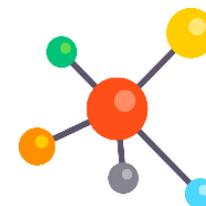
Practical training in the field. Study tour.

#### 11. Food and food hygiene.

Food products and their types. Calories in food. Rational nutrition.

Practical training in the institution. Hygienic requirements for storage and transportation of food. Furnace construction. Campfire and its types. Creating a menu.

Practical training in the field. Selection of holiday camps, cooking in the field, pitching a tent.



## 12. Topography and targeting. Use of maps.

Definition of topography and the importance of topography in travel. Scales of a topographic map. Requirements for topographic maps and plans. Topographic equipment. Representation of relief on the map and scheme. Types and procedure for obtaining a floor plan. Horizon and horizon aspects. Azimuth. The purpose of targeting. Target angles. Starting directions. Geographical (real) and magnetic azimuths. Direction, rumb corners. The relationship between the corners. Angle of inclination of the magnetic needle. The angle of convergence of the meridians. Symbols of maps. Basic ways to use maps. (Limb, alidada, Werner).

Practical trainings at the institution. Getting an approximate plan. Topographic maps depict relief, hydrography, settlements, roads, vegetation and soil cover, borders, industrial, agricultural and other socio-economic, cultural and domestic objects. Read topographic conditional (field, line, non-scale, and scale scale) symbols used to describe details in space. Measure and identify indicators, events and happenings, various details of the travel route using a map. Identify and create a travel route using a map.

Practical training in the field. Creating a relief profile for the route. Identify horizon sides based on local characteristics. Identification of impaired natural environment related to physical education. Determining the sides of the horizon using a compass and astrolabe. Preparation of a map-scheme of the travel route. Preparation of the passed route tape.

## 13. Tourist equipment and their use.

Types of tourist equipment. Personal items. The order of placement of items in the backpack. Repair equipment.

Practical trainings in the institution. Packing luggage and belongings in a backpack. Setting up a tent. Carrying special tourist weapons and equipment.

Practical training in the field. Hold a small competition on the use of tourist weapons and equipment. Carrying out a tourist walk.

## 14. Spring educational tour (hike)

The order of organization of the spring educational tour.

Practical training in the field. Spring is the most convenient and productive season for a study tour. Because knowing the unique events and happenings of spring is of great scientific and practical importance. For this reason, it is very important to know and study the events and processes that occur in nature in order to increase the effectiveness of training in the spring.

## 15. Sports standards of tourism.

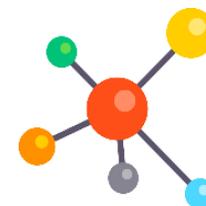
Lifting and walking standards. The duration of the tourist walk. Qualification categories in tourism and sports. Level of complexity and requirements of the tourist walk. Criteria for awarding the degree of "Master of Sports" or "Candidate of Master of Sports" in tourism.

## 16. Hiking (hiking hygiene conditions in the field).

One-day hiking tour.

Practical training in the field. In order to strengthen the knowledge acquired during the academic year, to develop sufficient knowledge, skills and abilities, to perform the role of deputy leader in the trip, a daily educational tour will be held.

Through extracurricular activities in this way, students not only restore their health, but also get acquainted



with the nature of our country, its ecological and hygienic condition. Fosters a sense of responsibility for environmental hygiene.

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