

 Research Article

STANDARDIZATION OF TOURISTIC BACKPACKING LOADS FOR MAINTAINING AND STRENGTHENING THE HEALTH OF PUPILS AND YOUNG STUDENTS

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ABSTRACT

This article describes how to standardize loads based on the age and other characteristics of students in backpacking tourism. Information is provided on the relevance of backpacking as a means of health and innovative factors in the development of health tourism in Uzbekistan.

KEYWORDS

Coronavirus, tourism, walking, backpacking, vehicle, loading, obesity, health, fitness.

INTRODUCTION

Tourism is an integral part of the physical culture system. Exercise is the main tool in physical development, tourism is also given a special place as a means of physical education, and exercise is divided into gymnastics, games, sports and tourism. As the main form of exercise, the means of tourism are the

main factors of the system of physical education. There are changes in the level of health and physical fitness of students in our country. The use of active forms of tourism as a priority tool is important in maintaining and strengthening the health of student youth. In the Republic of Uzbekistan, COVID-19 coronavirus



infection has primarily affected the health of our citizens suffering from cardiovascular and respiratory diseases, as well as obesity (overweight). Today, we all need to take a serious look at this problem, and give up bad habits, engage in regular sports activities, and make a healthy lifestyle a part of our daily routine. For ensuring that every citizen has a strong immune system against the disease, giving up harmful habits, as well as mass physical activity through regular physical activity and mass sports and the formation of life skills for a healthy lifestyle. In order to organize the activities in a systematic and effective manner, to create the appropriate infrastructure and other necessary conditions in this regard: In the development of mass sports and the promotion of a healthy lifestyle among the population of the country - walking has been identified as a priority sport [1].

The Healthy Lifestyle platform has also been launched and is being improved to encourage people to walk daily. In addition, "Health Corridors" have been established in each district center and city for walking.

It is very important to use the natural forces of nature, exercise, etc., in order to educate young people in a physically developed and healthy way, taking into account the rational organization of physical activity on tourist trips. Exercise, games, and workouts that promote high levels of physical activity during tourist trips can help prevent various illnesses and improve your health. Walking is one of the most natural physical processes for the health of the human body. Walking is a very useful exercise to prolong life. Walking is very effective in reducing and preventing the risk of coronavirus and related diseases, and walking reduces the risk of stroke and blood-borne diseases. The main cause of stroke is low physical activity. People with such a low level of physical activity are 1.2 times more likely to have a stroke than those who exercise regularly.

The theory and methodology of physical education, as well as sports tourism, divides tourism into two areas: planned and amateur. They are slow and active journeys in the language of travelers. In both cases, tourism is recognized as the most important means of physical education.

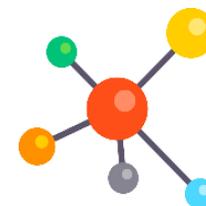
Although hiking or backpacking is a special type of sport in the sports classification, it is natural that it is used to some extent in almost all types of tourism. In addition, hiking on one-day or multi-day trips has its own content, form and methods. Hiking (backpacking) tour is defined as the direct walking of a participant along a designated route [2].

Pupils, students and the working population are interested in hiking tours while they are on weekends and holidays, when they have free time to relax, in order to improve their health, achieve physical fitness. Walking has its own characteristics of ensuring the active movement of all organs of the human body [3].

Rehabilitation means not only medical care, but also a variety of activities that are carried out through various means of physical education, especially while doing tours with hiking. Social living conditions, especially walking during work, are to some extent fulfilled. These practical activities also have their own characteristics in terms of maintaining and improving health [4].

Independent forms of training, such as walking, morning hygienic gymnastics, jogging, are widespread in our country. The main issue in the methodology of independent exercise is the regulation of the exercise load of doing sports, taking into account the age, gender, health status and level of physical fitness of the participants.

Walking is one of the most common forms of physical activity on weekends and holidays. The health benefits of such training are determined, first of all, by the



correctness of the load (taking into account the level of training). Exercise loads are usually measured by distance, weight, and duration. Therefore, the

recommendations of experts are based on the selection of the optimal size and intensity of exercise [5.6]. (Tables 1-2-3).

Table 1

Adult Travelling and Walking Loading Standards

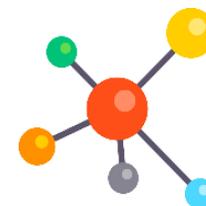
Type of trip and level of exercising		Distance length, km	Travel duration, hours	Load weight, kg
Hiking	A*	25 – 30	7 – 8	15 – 20
	B*	18 – 20	7 – 8	10 – 12

Note: A* - well-trained; B* - those who are not engaged enough or the elderly.

Table 2

Standards for public backpacking loads for students and pupils

Age	11-12		13-14			15-16			17-18		
	1	2	1	2	3	1	2	3	1	2	3
Distance of backpacking: km	12	20	15	24	30	20	35	45	24	40	50
Speed of the action: km/hour	3	3	3,5	3,5	4	4	4	4	4,5	4,5	4,5
Continuous movement period: minutes	45	45	45	45	45	50	50	50	50	50	50



Rest time between continuous movements:	15	15	10	15	15	10	10	15	10	10	10
Backpack Weight in kg, namely											
Girls	3	3	4	5	5	5	6	8	6	8	10
Boys	3	3	5	6	6	6	10	12	8	12	16

Table 3

Load balancing for beginner walks in the initial stage

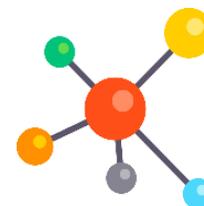
Download dimensions	Weeks of the training, number of order									
	1	2	3	4	5	6	7	8	9	10
Distance, km	1,8	2,7	3,3	3,4	3,7	3,8	3,8	4,1	4,5	4,5
Duration, minutes	30	45	45	50	55	55	55	55	60	60
Photo, height / min.										
Period, height / min	80	85	90	90	98	95	85	100	100	100

Depending on the length of the route, the terrain, the weather, and the average speed, a route map should be developed. The flow chart shows the number and length of different passes, as well as the rest time. If the walk is attended by children of different ages and family members, then the load should be adjusted individually for all participants, or the general norms of the load should be aimed at the age of the children or the poorly prepared participant of the walk.

Walking is very advantageous for health, longevity and blood pressure. Walking allows a person to break down calories almost without injury. There is a theory

that a person needs to walk at least 10,000 steps a day to stay healthy, which is the best way to equate the number of calories burned with the number of calories consumed. Mass walks under the slogans "5000 steps to health" and "10,000 steps to a healthy life" are gaining popularity in our country.

In conclusion, the development and improvement of the "Healthy Lifestyle" platform, the establishment of "Health Corridors" in order to improve the health of the population and the widespread introduction of mass sports are innovative factors in the development of health tourism.



An analysis of data from the scientific literature on the subject showed that the effectiveness of walking depends on three factors: intensity, duration, and overall frequency of exercise.

Standardized tourism of backpacking loads has a positive effect on physical qualities, especially general endurance (aerobic function) and strength endurance. It also has a very positive effect on professional ability (mental work of people) as a restorative (active recreation).

Walking, when combined with elements of gymnastics, sports and national movement games and targeting, enhances its developmental and well-being effects.

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