

## **FEATURES OF PREPARATION OF SECONDARY SCHOOL STUDENTS FOR SPORTS TOURISM**

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### **ABSTRACT**

*Sports tourism-serves as a powerful tool for students to participate in various traditional sports holidays as well as to share their impressions. The essence of sports tourism is reflected in the content of joint activities of the reader and the teacher. The conducted experiments are perceived as a complex integrated (whole, inextricably linked) system, in which the skills and qualifications set out on the basis of educational goals are reflected by the VII-XIII grade students as a certain regulated system of elements of pedagogical activity aimed at mastering theoretical knowledge, training of ecomasiial and ecomasiial qualities in them. In this regard, it was taken into account that in order to establish a system of travel use, it is necessary to establish the eco objectives of the lessons, to choose and develop the ecomasm, to determine the methods and means of education, as well as the level of qualification of teachers in ecology, the method of assessing the achieved results.*

**KEYWORDS:** *Necessary to Establish the Eco Objectives, Mastering Theoretical Knowledge, Training.*

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### **INTRODUCTION**

Within the framework of the pedagogical research we conducted, it is aimed at ecomaqsad, and also expresses the personality of the VII-XIII class students with the tasks to be solved in terms of ecotarization. The conducted experiments are perceived as a complex integrated (whole, inextricably linked) system, in which the skills and qualifications set out on the basis of educational goals are reflected by the VII-XIII grade students as a certain regulated system of elements of pedagogical activity aimed at mastering theoretical knowledge, training of ecomasiial and ecomasiial qualities in them. In this regard, it was taken into account that in order to establish a system of travel use, it is necessary to establish the eco objectives of the lessons, to choose and develop the ecomasm, to determine the methods and means of education, as well as the level of qualification of teachers in ecology, the method of assessing the achieved results. The complex application of the presented ecomezones determined the essence and technology of the experimental process.

Particular attention was paid to the setting of the research task and its solution in the process of ekoloyihating experimental teaching technology. In the development of the didactic process of ecological content in Bunda, the following were taken into account:

- To determine the content of the ecosystem based on the analysis of the purpose of using sports tourism lessons;
- To develop the information structure of the subject of the lessons of sports tourism in the 7th-

13th grades in the ecological direction and to express it in the form of the educational system;

- To predict the level of knowledge of ecology through sports tourism classes of students of VII-XIII classes;
- To determine the origin of the indicator of determining the initial levels of ecology of students of VII - XIII classes from the level of assimilation of educational material on ecology based on the content of sports tourism classes;
- setting limits on the organizational forms of sports equipment and training.

Based on the concept of an approach to the experimental-testing process from the point of view of its activity, the pedagogical technologies generalized in its organization were directed to methodically solve the problem of process design, aimed at achieving a previously planned result.

The driving activity aimed at the design of educational technology, which ensures the solution of the tasks of experimental and test works, was determined by the formation of methods, forms and means of education, that is, pedagogical activity in travel lessons: management, exchange of information, the continuation of the process, its observation, the variety of means of information transmission and the formation of ecological Conversations on such topics as "Sports-Health Guarantee", "sports – criterion of Justice", "Sports – freshness", "Sports – This is life", "sports – ambassador of peace", "among scientists", "ecologists on travel", "national games" were organized among students of the VII – XIII classes, during class hours, meetings with ecologists, climbers.

Based on the concept of approach to the research process from the point of view of ecofality, the pedagogical technologies generalized in its organization were aimed at methodically solving the problem of process design aimed at achieving a pre-planned result. For this, the structure of the educational process and the features of the stages in it were taken into account. Chunanchi, the process of teaching ecology in travel lessons: a preliminary study, a perfect study, a technique of strengthening the skills of non-influencers in the process of action was demonstrated (Table 1).

#### **Structure Of The Process Of Teaching Ecotourism To Students Of VII-XIII Classes**

| <b>Preliminary study</b>   | <b>Perfect learning</b>   | <b>Strengthening the skills of travel performance</b>   |
|--|---|---|
| In the process of learning, in the main variant of ecotourism, the qualification of performance in a general way is content. | The qualification to carry out ecotourism precisely at the level of eco-necessity is formed (did not adversely affect the environment). | Ecotourism is associated with the emergence of ecology, as well as with its use in various natural, anthropogen conditions. |

In the course of the study, the objective of the VII-XIII graders in the initial study was to find out the composition of the qualification for the overall performance of the Ecoharakat activities in its basic variant.

In the same cases, such ecomalakas are sure that when they are formed in the process of general physical training, they can be of independent importance and become ecomalakas without detailed improvement of the technique, so that students of the VII-XIII classes can master the econgizini of the new travel technique.

The initial ecomalacation stage is characterized by this in terms of the mechanism of physiology of students of the VII-XIII class, in which the basis of the dynamic stereotype in the cerebral cortex is formed. In this, the selection of suitable innate and acquired reflexes occurs, as well as the stabilization of new ones of reflexes that are not in the experiments of the learners to perform echoharakats. As a result, at the end of the stage, a system of action reflexes, corresponding to the basis of the students ' ecophyological technique, is formed. The peculiarities of this stage are: a)

the inability of ecoharakats to be sufficiently accurate in terms of space and time, the lack of clarity of muscular movements; b) the instability of the rhythm of the Ecoharakat Act a) the presence of unnecessary, additional movements that negatively affect the environment of the Rebellion; g) the absence of intimacy between the phases of complex movement. The fact that the movements are not accurate in terms of space and time, as well as the inconsistency of moving muscles with stretching, is due, first, to the fact that the nervous processes are irradiasia in the cerebral cortex, and secondly, to insufficient internal braking. The irradiation of nerve processes in the motion analyzer of the cerebral cortex, in addition to the functional units of motion, which must participate in the work, is involved in this unit both other units, in the center of which the irradiation process of excitation is distributed. Externally, this is manifested in the desired direction of movement and the deviation from the amplitude. Irradiation of the excitation process leads to the fact that the muscles become disproportionate to the effort of the excitation; the learner spends a lot of effort than he needs, and the movements are performed by exerting force on the muscles of the whole or part of the gavda. All this at this stage constitutes the causes of extreme fatigue, exhaustion and a decrease in working capacity. The constant absence of the rhythm of the act of motion is usually seen when students try to perform certain phases of the act of motion ahead of time; these are the main phases that are associated with greater effort expenditure. This is especially characteristic for movements that pause before the main phase. The act of movement is achieved by determining the rhythm of the turn-by-turn arrival of certain phases (especially the pause between them), forming reflexes according to the type of delayed braking. It is known that brake reflexes are formed with greater difficulty than positive reflexes. For example, "protect your partner", "who will approach?" when using cases like this one, it was required to work long enough to set the necessary pauses between certain phases of travel in the context of some skill set in the reader. It is very difficult to form such braking reflexes in students whose nervous activity is of a reflective type. Complex movements are always performed at this stage only when attention is paid to the phases of movement.

At the first stage of training, taking into account the specified characteristics of the initial movement ecomalakasini composition, the following tasks were performed:

- in the act of action judge; it is the emergence of an idea based on the understanding of the purpose of the Act;
- to complement the students ' experiences of performing movements with elements of environmental content that are necessary to master new movements;
- achieve full implementation of actions without adversely affecting the environment;
- eliminate unnecessary movements, unnecessary tension of muscles, etc.

At this stage, the didactic principle of experimental methodology is distinguished by a number of features for this stage of teaching in implementation.

The initial moment of studying the movements is to get acquainted with these movements in advance. This is achieved by telling, demonstrating the importance and nature of the movements, understanding the basis of the technique of action, as well as by performing them in practice.

Speaking about it, students should understand the purpose, the importance of which is provided for by sports tourism, the conversation should help them to be interested in the performance of sports activities and create in this way the necessary incentive, willpower for mastering the actions. The conversation should contain information about the emergence of this eco-strategy, about its current importance, about the norms that are close to the highest eco-economic for students.

The show takes place in two directions. First of all, sports tourism is represented in a natural perfected form. (Usually the main option is indicated). In the process of sports tourism, the basis of the technique

of performing physical exercises should first be clearly explained the method and its parts, making it maximally general and concise. At this stage, it is worthwhile to explain in detail the technique of performing the action, since it is impossible for students to remember all the details from the abundance of new eco-reports and fully understand the actions of the action. They will be fully learned in the process of studying them. Therefore, to learn it is necessary to follow it, depending on what stage of training corresponds to its characteristics. When students become acquainted with the movement in the process of sports tourism, they begin to do it. This will allow the overall vision to be created and to complement the core action objectives, assess the students' ability to perform the assigned task, and create additional incentives to increase their enthusiasm for the next trip. Depending on the complexity of the tasks of sports tourism, it is recommended to perform this task in a fully basic or accessible option. In order to begin to fully fulfill the new task, first there must be a strict belief that students will be able to fulfill this - the task. At the initial stage of study, the fulfillment of the task is determined by: a) how much the student has experience of traveling, B) how complex the structure of the movement under study is, C) how the structure of the movement corresponds to the physical capabilities of the student.

The rapid formation and quality of the initial qualification largely depends on how rich the student is in his experience of travel. The more perfect this experience is, the faster and easier the new system of trips is generated. If the student has all the necessary components for the new system ready-made, then at that time the new qualification can appear as soon as the first study with the creative use of the previously generated qualifications and skills. The new qualification provides an opportunity to synthesize and generalize parts according to the generalizing property of the cerebral cortex.

Sports tourism it is desirable to begin to master a complex of exercises, practical on the parts, as a rule, with the method of molding, after creating a holistic image of it. The advantage of this method in general secondary education in relation to the generalized, holistic exercise method is the following expression. First, using the technique of holistic exercise, it is possible to simultaneously focus attention on the ecomaterials of a relatively limited amount, at which time other elements are repeated without the necessary correction. When all the phases of Tourism require serious correction, the initial study will lead to the strengthening of errors in the movement. Secondly, crossing the entire tourism path requires much more physical exertion and ASAP, rather than going through separate parts. Thirdly, a complex system of conditional motion reflexes, if the basis of this system is initially built in not large parts, then, as a rule, it turns out easy. B in this regard. Verta argues that " suddenly compiling a complex system (taking into account the need to restructure some of its parts) is an indescribable task for the large hemisphere cortex of the brain; an attempt to solve it can lead to a violation of the analytical function of the cortex " [1]. This means that putting short functions in tourism allows the reader to concentrate attention. Given that the volume of attention always varies between 4-6 objects, it is very important in the study that, as noted above, the practical structure of the movement corresponds to the physical capabilities of the VII-XIII class student. In order for students to be able to properly perform sports tourism, it is necessary not to carry out tourism until a proper level of physical readiness is achieved, if the development of strength, perseverance, speed, attention, caution, sensitivity and other qualities is not sufficient. Otherwise, there may be unpleasant phenomena in the process of sports tourism.

Methods that allow you to manage the act of movement on the basis of sight and hearing are the leading methodological methods when starting to study the actions of sports tourism. For this reason, there is no sense of movement that can be overlooked at this stage. For example, it is effective that students eliminate errors when conditions are created that can not go away from the right direction or amplitude of movements. In Bunda, travelers are divided into 3-4 teams in equal numbers. The teams line up in one small row, there will be a flag in the hands of the captains standing at the beginning of the line. After the teacher gives permission, the Travelers perform various tasks that are given in a row, running at the specified or specified distance.

Siljish methods:

- Being in a row, siljish in peace;
- Siljish without talking;
- Quick silcish;
- Slow shaking;
- Siljish, connecting each other by the waist.

On the part of the action performed in this way, P. According to Baratov:" it relaxes the dynamics of nerve processes " [3]. For this reason, the consistency of the study of individual phases of the act of movement before the use of the method of formative exercise is established, and then a system of assignments and yakuzhki exercises is developed. Bunda can be cited as an example of the following types of aesthetics:

1. All participants of the relay race return one of the forward swing methods with the flag.
2. With the use of the 3-4 method, each of them is repeated by the 2-th participant.
3. Participants in tourism do not move in a straight line, but rather the trail of a snake, turning the first pillars laid on the line.
4. An anti – dependence relay is conducted with a change of position, each pair of Tourism participants performs one task, depending on the front and rear.

This means that in the process of sports tourism, it is worthwhile to start practical mastering of exercises with a complex composition on parts. An example of this can be cited such exercises as " speed and sniper", " displacement". 4-in the application they are listed.

Such games, used in experimental tutorials, create a sense of confidence, security in the implementation of sports tourism. Educates the reader in the spirit of being in a conscious attitude to the environment, the blessings of nature.

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