

DOI 10.31392/NPU-nc.series15.2023.02(160).04

Lukachyna A.,
senior lecturer of the department of health and sports technologies
National Technical University of Ukraine "Ihor Sikorsky Kyiv Polytechnic Institute"
Burlaka I.
senior lecturer of the department of health and sports technologies
National Technical University of Ukraine "Ihor Sikorsky Kyiv Polytechnic Institute"

THE INFLUENCE OF HEALTH TOURISM ON INCREASE OF MOTOR ACTIVITY OF YOUTH STUDENTS

The article reveals the impact of health tourism on increasing physical activity. It was determined that in connection with the constant scientific and technical progress, the increase in the educational load, the lack of motor activity is observed among students, which is in most cases the cause of the occurrence of various diseases. Also, the article reveals the main reasons for the decrease in physical activity and describes options for solutions at the expense of health tourism. It has been proven that health tourism is an effective means of physical and moral improvement of a person. Health tourism is an integral part of the lifestyle of a modern person. Completion of the process physical education or sports activities should not cause the termination of activities in the field of physical culture. Its continuation is activity in the field of recreation, sometimes combined with physical rehabilitation. Recreational activities fundamentally differ from sports training and fitness training in terms of intensity and volume of workload and forms of organization. These include physical exercises, movement regimes, natural factors, massage, as well as occupational therapy and work on simulators. Among the forms of classes, it is recommended to use morning hygienic and evening gymnastics, therapeutic gymnastics, dosed therapeutic walking, healthy running, classes on the health path, dosed swimming, cross-country skiing, tourism, the simplest sports competitions, movement games, etc. Modern recreational activity is gaining popularity due to the fact that it is valued not only as a tool for physical and spiritual enrichment, but also because it has turned into a fashionable attribute of a person who has achieved certain success in life and, most importantly, profitable, becoming a powerful sector of the industry.

Key words: motor activity, students, health, physical education, tourism.

Лукачина А. В., Бурлака І. В. Вплив оздоровчого туризму на підвищення рухової активності студентської молоді. В статті розкрито вплив оздоровчого туризму на підвищення рухової активності. Визначено, що у зв'язку із постійним науково-технічним прогресом, збільшенням навчального навантаження у студентів спостерігається недостатність рухової активності, яка є у більшості випадків причиною виникнення різних захворювань. Також у статті розкрито основні причини зниження рухової активності та охарактеризовано варіанти вирішення за рахунок оздоровчого туризму. Доведено, що оздоровчий туризм є ефективним засобом фізичного і морального вдосконалення людини.

Ключові слова: рухова активність, студенти, здоров'я, фізичне виховання, туризм.

Formulation of the problem. Health tourism is an effective means of physical and moral improvement of a person. We can talk about its uniqueness, as for the solution pressing problems of an individual and various social groups. Scientific studies show that the functional state of the human body is directly positively influenced by the volume of its motor activity [1]. Almost the entire population of Ukraine uses one way or another positive potential, laid down, first of all, the health-improving effect of walking is beneficial natural influence. environment An analysis of scientific literature devoted to health tourism revealed that there are almost no studies of the dynamics of changes in the functional indicators of the students' bodies, which are systematically engaged in hiking tourism.

Since the beginning of the independence of our state, a fundamentally new situation has developed in the field of physical education and sports. The critical state of health of student youth, associated with adverse factors, is low level of motor activity, needs urgent measures to overcome the crisis in physical education students Physical recreation is an independent form of functioning of physical culture that can satisfy the needs of student youth in active recreation and bring pleasure from motor activity and communication. During unfavorable economic conditions of life, loss or displacement of social landmarks, it acquires special importance [4]. Health tourism is a type of physical culture, namely: the use of physical exercises, as well as them species in simplified forms for active recreation of people, getting pleasure from this process, entertainment, changes in types of activities, temporary departure from traditional forms of labor, household, sports tive, military activity [1; 4]. This is an activity that meets the needs of people, including student youth, in changing the type of activity, in active recreation, in informal communication during physical exercises [2; 3]. Its essential characteristic is obtaining pleasure and enjoyment from motor activity, and it can be not only physical exercises, entertainment, but also light, sufficient volume and desired work (on the homestead, in the field, in the yard, etc.). All types of motor activity that satisfy the need for active rest are realized in the process of physical recreation. These include physical exercises, movement regimes, natural factors, massage, as well as occupational therapy and work on simulators. Among the forms of classes, it is recommended to use morning hygienic and evening gymnastics, therapeutic gymnastics, dosed therapeutic walking, healthy running, classes on the health path, dosed swimming, cross-country skiing, short-distance tourism, the simplest sports competitions, movement games, etc. Modern recreational activity is gaining popularity due to the fact that it is valued not only as a tool for physical and spiritual enrichment, but also because it has turned into a fashionable attribute of a person who has achieved certain success in life and, most importantly, profitable, becoming a powerful sector of the industry.

Analysis of recent research and publications. In recent years, a number of studies have been carried out, devoted to certain aspects of solving the specified problem by means of physical education. This is, first of all, the study of the basics of physical education (V. Arefiev, Zh. Dyomina, O. Tymoshenko, M. Tymchyk and others), the formation of moral qualities of the individual (I. Bekh, M. Zubalii, I. Shkilna), the formation of willpower in schoolchildren qualities by means of physical education (I. Dudnyk, N. Kasich), etc. The analysis of the psychological and pedagogical literature confirms that some experience has been accumulated in physical education, but the problem of forming moral and volitional qualities among student youth in the process of physical education in modern conditions requires further research.

Presentation of the main research material. Especially modern living conditions, rapid development of technical progress, modernization of educational and labor processes, a sharp increase in the amount of information, problems with environmental ecology. Cultivation of bad habits as opposed to a healthy lifestyle - all this has a negative effect on the body of student youth [5; 7].

Physical recreation mainly solve health problems. This is facilitated by various forms of its implementation, which suggest changes in the nature and content of physical exercises depending on motives, interests and needs of students. But, despite the freedom of choice of content, character and forms physical exercises, a positive effect can be obtained only thanks to competent and skillful organization of activities and their impact on the young organism.

Fluency in various means and forms of physical recreation instills in student youth a sense of a natural desire to exercise regularly exercise, communicate more with nature. Physical recreation is aimed at the ability to satisfy biological needs in motor activity and emotional actions in entertainment, in receiving pleasure, enjoyment through movement, reconnection from one type of activity to another, to activate the activity of the organism at the expense of motor activity and prevention of the effects of negative phenomena on the body of students.

Physical recreation, like recreation in general, is a pedagogical process related to the solution of educational them, educational, health and social tasks. It is characterized by general features of educational pedagogical process and takes place in the order of self-education. A distinctive feature of physical recreation is that this process is aimed at the formation of motor skills during active recreation and education of the so-called physical qualities of a person, the totality of which largely determines his physical capacity and level of fitness. In applied terms, physical recreation represents is a process of physical preparation for socially conditioned activity.

Recreational forms include physical culture and sports entertainment, tourist hikes with non-loads, doing physical exercises, various sports, which ensures successful rovy, a full-fledged rest, contributes to the satisfaction of needs related to meaningful entertainment. Physical recreation arouses considerable theoretical and practical interest among students.

They recognized they see physical recreation as rest, renewal of strength with the help of means of physical education (exercises, tourism, hunting, etc.), as well as natural forces that cause pleasure, encourage good health and mood, renew mental and physical working capacity [3]. Define two types of recreation - active (physical) and passive (consumer) or recreation with physical mental or mental dominant. Physical recreation is the process of using means, forms and methods of physical culture aimed at designed to meet the needs of active recreation, recovery, entertainment and improvement individuals in their free and specially allocated (at the expense of work and study) time.

The content of physical recreation consists of exercises of an aerobic nature in a complex with anaerobic ones, which are performed with wearably lowintensity in the form of games and entertainment, as well as changing the types of activities that lead to improving health, increasing working capacity. Passive recreation is a change in activities that give pleasure and do not involve direct human participation in physical culture and sports events.

Health tourism is an integral part of the lifestyle of a modern person. Completion of the process physical education or sports activities should not cause the termination of activities in the field of physical culture [1]. Its continuation is activity in the field of recreation, sometimes combined with physical rehabilitation. Recreational activities fundamentally differ from sports training and fitness training in terms of intensity and volume of workload and forms of organization. Recreational and health activities (physical culture and sports entertainment, tourist trips with unforced loads, etc.) provide healthy rest, contribute to satisfaction emotional needs associated with meaningful entertainment. There are three forms of using the time allocated for recreation - tourism, health improvement and vacation. To determine this time and types of activities that take place within it, we will use the concept of "recreational and touristic", which includes the entire set of phenomena and processes, related to the restoration of human strength and the satisfaction of his physiological and social needs. It is tourism in the modern world that is perceived as the main form of recreational activity, having turned into a powerful independent branch of non-material production that satisfies recreational needs. Recreation and tourism is an act of individual consumption of the cultural heritage of mankind and the aesthetic and energetic potential of natural attractions. Tourism is one of the most common types of recreation. According to social surveys, to the question "What forms of recreation do you prefer?" 42.4% of respondents noted independent tourism and 28% - recreation at camping sites. Sociological studies prove that the majority of those who is tourism, - technical workers, creative intelligentsia, student youth, workers. Half tourists are aged 16 to 24, less than half are aged 30 to 40, every tenth tourist is over 40, and one in a hundred is over 60. Tourism is a set of organized and planned events, walks, excursions, hikes, trips made for the purpose of learning about geographical regions, new countries, active and cognitive rest, increase in physical level. The value of tourism lies in its versatile impact on the human body and student youth training, restorative loads, which is very important for people, professional work who have limited motor activity. The development of automation and mechanization associated with the strengthening stress on the nervous system and limitation of physical activity, which is a prerequisite for the development of to functional disorders, primarily of the nervous and cardiovascular systems, which was observed in 70% of practically healthy people, leads to significant overfatigue [2; 4]. Hiking makes it possible to restore working capacity and strengthen health as a result of the action a complex of factors: changes in circumstances, the influence of climatic conditions, rational motor activity. By- depending on the degree of physical exertion, tourism can be either a means of active

recreation, or a training tool. Recreation is understood as human biological activity aimed at restoring physiological body, physical potential, for the recovery of mental and spiritual forces that are weakened in the process of work, study, monotonous occupations or illness. Therefore, today recreation is interpreted as integral physical and social improvement. In the process of physical recreation, a complex of tasks is solved. Shape formation, girth body dimensions, body weight regulation are important for different age categories. Men yearn to form an athletic figure, develop relief musculature, women - to be slim, graceful, attractive, have a beautiful figure, easy gait and beautiful posture. For this, individual and group classes are used, which can be held at home, in sports and gyms using both "at hand" tools (own weight, dumbbells, expanders) and special exercise machines. Recreational classes are an integral part of physical education, solving health, educational and educational tasks. They are carried out in the form of extracurricular activities. Some of them are common, such as morning gymnastics, physical culture breaks and moments, entertainment, games, tourist trips, competitions.

Conclusions. The recreational effect is manifested in the fact that a person feels cheerfulness and satisfaction from rest, because its body has reached the necessary level of energy exchange with the environment as a result of physiological mental and psychological improvement, achievement of mental balance. A person who experiences recreational effect, is in a state of psychophysiological comfort, she has a feeling balance of emotional and socio-cultural self-evaluations, she is ready for new loads. Favorable emotions and high self-esteem are based not only on inner feelings, but also on understanding a person of the importance of social standards of work and rest. Health tourism is an active implementation of physical culture, thanks to which during active recreation forms, renews and preserves the health of student youth, there are motivational institutions for physical and spiritual self-improvement. Very important in problems- one of the aspects of physical recreation is the education of a healthy state and sports lifestyle of students youth. Tourism in the modern world is perceived as one of the main factors of recreation activity.

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