

3. Dekhtiar V. D. (2002), *Osnovy ozdorovcho-sportyvnoho turyzmu: navch. metod. posib.* Kyiv: Nauk. svit. 201 p.
4. Niankivskiy S. L., Yatsula M. S., Chykailo M. I. (2016), *Stan zdorovia shkolariv Ukrainy. Zdorove rebënka.* № 5 (40), pp. 17-25.
5. Koreniev N. M., Danylenko H. M. (2013), *Zdorovia shkolariv, sohodennia ta problemy na perspektyvu. Okhorona zdorovia Ukrainy.* № 1. pp. 49-54.
6. Kravchenko T. P. (2015), *Formuvannia tsinnisnogo stavlennia starshykh pidlitkiv do vlasnoho zdorovia v protsesi turystsko-kraieznavchoi roboty.* dys. kand. ped. nauk: 13.00.07. Kyiv. 247 p.
7. Krutsevych T. Yu., Vorobiov M. I., Bezverkhnia H. V. (2011), *Kontrol u fizychnomu vykhovanni ditei, pidlitkiv i molodi: navch. posib.* Kyiv: Olimp. lit-ra. 224 p.
8. Panhelova N. Ie., Krutsevych T. Iu., Danylo V. M. (2018). *Teoretyko-metodychni osnovy ozdorovchoi fizychnoi kultury: navch. posib.* Pereiaslav-Khmelnyskiy. 454 p.
9. Trotsenko T. Yu. (2009), *Formuvannia moralnykh yakosti uchniv 3-4 klasiv v protsesi turystsko-kraieznavchoi diialnosti: dys. kand. ped. nauk: 13.00.07.* Kyiv. 229 p.

V. МЕДИКО-БИОЛОГІЧНІ І ТЕОРЕТИКО-МЕТОДИЧНІ ЗАСАДИ РУХОВОЇ АКТИВНОСТІ ЛЮДИНИ

UDC: 338.48: 351:64

Hladkyi O. V.

Doctor of Science (Geography), Professor,

Dpt. of Tourism and Recreation, Kyiv National University of Trade and Economics, Kyiv, Ukraine

RECREATIONAL TOURISM AS AN OBJECT OF SCIENTIFIC RESEARCH IN THE FRAMES OF MOVEMENT EDUCATION AND SPORT DEVELOPMENT

This paper deals with investigations of recreational tourism theoretical fundamentals in the frames of movement education and sport development. The essence of recreational tourism as an object of scientific research is explored. The different definitions of recreation, leisure, sport movement and tourism are given. The main division of recreational-tourism resources by their origin and genesis is proposed. The main aims of recreational tourism that include active participation in some kind of recreational activity or participating in a sport or cultural event is substantiated. The complex recreational and tourist resources offer the most opportunities for different types of sport and movement education (ex: mountains a such resource, offering the opportunity for a number of recreations: hiking, walking, mountain biking, rock climbing, paragliding, winter sports, etc.). Complementary recreational-tourism resources are with the more attractive properties, and they are such that they have addition power to attract tourists, but their evaluation is they complement and unite tourists in a tourist area (ex: sports and recreational facilities in a tourist resorts are not the underlying motive for the arrival, but they complement the tourist offer and tourists can use these facilities for recreation). Recreational-tourism resources as an inseparable part or an integral element of the tourist destination have a role when choosing any kind of sport activities by the tourists. Therefore, the investigation of recreation tourism product portfolio development is very important. In this paper, potential advantages and disadvantages of recreation product diversification in the frames of movement education and sport in proposed.

Key words: recreational tourism, resort, movement education, sport, rehabilitation, health treatment.

Гладкий А. В. Рекреационный туризм как объект научных исследований в рамках развития физического образования и спорта. Статья посвящена исследованию теоретических основ рекреационного туризма в рамках развития физического образования и спорта. Раскрыта сущность рекреационного туризма как объекта научного исследования. Поданы различные определения рекреации, досуга, спортивного образования и туризма. Предложена классификация рекреационно-туристических ресурсов по их формированию и генезису. Обоснованы основные цели рекреационного туризма, которые включают активное участие в каком-либо виде рекреационной деятельности, в спортивных или культурных мероприятиях. Раскрыт комплекс рекреационных и туристических ресурсов, которые обеспечивают широкие возможности для развития различных видов спорта и физического образования (например, горы - такой ресурс, дающий возможность для ряда развлечений: походы, прогулки, катание на горных велосипедах, скалолазание, парашютеризм, зимние виды спорта и так далее). Также рекреационно-туристические ресурсы способствуют активизации занятий групповыми видами спорта в туристических зонах (включающих спортивные и развлекательные объекты). Туристические курорты не являются основным мотивом для пребывания на них спортсменов, но они дополняют туристическое предложение, и туристы могут использовать эти объекты для отдыха, занятий физической культурой и рекреацией). Рекреационно-туристические ресурсы как неотъемлемая часть туристической дестинации имеют большое значение при выборе туристами видов спортивной активности. Поэтому исследования формирования портфеля турпродукта рекреационного туризма очень важно. В статье предложены потенциальные преимущества и недостатки диверсификации продуктов рекреационного туризма в рамках физического образования и спорта.

Ключевые слова: рекреационный туризм, курорт, физическое образование, спорт, реабилитация, оздоровление.

Гладкий О. В. Рекреаційний туризм як об'єкт наукових досліджень в рамках розвитку фізичної освіти і спорту. Стаття присвячена дослідженню теоретичних основ рекреаційного туризму в рамках розвитку фізичної освіти і спорту. Розкрито сутність рекреаційного туризму як об'єкту наукового дослідження. Подані різні визначення рекреації, дозвілля, спортивної освіти і туризму. Запропоновано класифікацію рекреаційно-туристичних ресурсів по їх формуванню і генезису. Обґрунтовано основні цілі рекреаційного туризму, які включають активну участь в будь-якому вигляді рекреаційної діяльності, в спортивних або культурних заходах. Розкрито комплекс рекреаційних і туристичних ресурсів, які забезпечують широкі можливості для розвитку різних видів спорту та фізичної освіти (наприклад, гори - такий ресурс, який дає можливість для ряду розваг: походи, прогулянки, катання на гірських велосипедах, скелелазіння, парашутизм, зимові види спорту і так далі). Також рекреаційно-туристичні ресурси сприяють активізації занять груповими видами спорту в туристичних зонах (що включають спортивні і розважальні об'єкти). Туристичні курорти не є основним мотивом для перебування на них спортсменів, але вони доповнюють туристичну пропозицію, і туристи можуть використовувати ці об'єкти для відпочинку, занять фізичною культурою і рекреацією). Рекреаційно-туристичні ресурси як невід'ємна частина туристичної дестинації мають велике значення при виборі туристами видів спортивної активності. Тому дослідження формування портфеля турпродукту рекреаційного туризму дуже важливо. У статті запропоновані потенційні переваги і недоліки диверсифікації продуктів рекреаційного туризму в рамках фізичної освіти і спорту.

Ключові слова: рекреаційний туризм, курорт, фізична освіта, спорт, реабілітація, оздоровлення.

Tourism or the hospitality industry is among those economic activities that apart from realizing direct economic profits, it directly or indirectly impacts on the development of many other industries. Tourism through the tourist movements has a major impact on the geographical space, this effect is manifested on all the elements that make up the space, and these effects can be economic, social, public and environmental. Tourism consists of two basic components: Tourist movement and consumption, tourist movement is a basic spatial element while tourism consumption is the basic element of the tourism industry expressing the economic impact of tourism. Tourist movement necessarily initiate tourism consumption. In this context the question arises: what initiates tourist movement? The answer is: recreational-tourism resources are the main initiators for tourist travel and a very important tourist motive which animates the tourist movement. If the recreational-tourist resources are characterized by greater attractiveness better ambient and greater curiosity value, etc. This will initiate more massive tourist movement and greater tourist consumption. Therefore, the necessity of defining, explaining, analyzing, and sharing recreational - tourism resources will be the key factors and subjects of analysis [1;3;4].

In the modern world recreational tourism become a mass phenomenon. Its driving force – to relieve civilizational stress – is active recreation, the creation of well-being, the restoration of one's working capacity, the preservation and improvement of one's health. It included a variety of tourism activities from getting acquainted with faraway and exotic places or enjoying seaside holidays and participating in cultural programs and different forms of entertainment. Recreational tourism shares many characteristics with wellness and medical tourism as well as with health tourism. Spending quality time during travel is important for sport tourists today. The main aims of recreational tourism include active participation in some kind of recreational activity or participating in a sport or cultural event [1;3].

To be able to make systematization, division, analysis and determination of tourism concepts, including recreational and tourist resources, I think that it is necessary at the beginning to define and determine the term tourism and define tourism as a phenomenon, as it is a basic starting axiom which imposes other terms related to tourism, as is the case with the term recreational-tourism resources.

Early as in the 1942, K. Krapf and V. Hunziker, in Zurich gave one of the first definitions for tourism, which is universal and it is as follows: "the sum of the phenomena and relationships arising from the travel and stay of non-residents, insofar as they do not lead to permanent residence and are not connected with any earning activity" (Hrabovski-Tomic 2008). The objective of this definition is to be allowed and be adopted by the International Association of Travel Experts (AIEST).

This definition is too general, so it cannot get to the notion of the recreational and the tourist resources by defining tourism, so I think that a much more acceptable definition comes from professor Panov N. and is as follows "tourism is a set of relations and phenomena related to movement and consumption outside the place of residence, in order to meet the recreational and cultural needs" (Panov 2006). In this definition, according to the understanding of tourism professor Panov defines the recreational needs of tourists as one of the main motivations for travel. This is confirmed with the official definition of tourism by the World Tourism Organization published in 1994, which states: "Tourism comprises the activities of persons traveling to and staying in places outside their usual environment for not more than one consecutive year for leisure, recreation, business, and other purposes" WTO.

The importance and the role of recreation as an integral part of tourism are especially emphasized by S. Williams, who says: "in the approach of studying tourism, we must realize that the relation or connection between rest or leisure, recreation and tourism is much closer and more intimate ..." (Williams 2009).

The same author considers recreation as a very important part in defining the different types of tourism, so in his typology of tourism, among other types of tourism, he separates recreational tourism as a special form of tourism.

Recreation as a term appears in the definition in the backpacker tourism which is a major participant in the tourist movement. Definition of the term tourist in sense can be wider and narrower depending on the context in which it is used. Therefore, in the broadest sense of the term "a tourist is any person who visits places and spends a certain amount of money, regardless of the purpose of his visit" while the opposite definition of a tourist in the narrow sense of the term is as follows: "a

tourist in the true sense of the word is considered a person who visits a place and spends a certain amount of money, but it is closely related with satisfying the recreational and cultural needs".

From this definition and understanding of the concept of tourism and tourist it is more than clear that recreation is a very important component of some forms of tourism, and the basic component of the tourist movement and tourism as an economic and social activity. If this is so, then it can be concluded that the recreation has the role of motivating travel and that is a very important tourist resource [4].

According to Lazik (2007) "Tourism resources are called tourist attractive phenomena and objects in nature and society which are essential for inducing tourists" Prof. M. Maksin-Michik gives a similar definition, according to which "The term tourism resources include attractive and cultural resources and goods, that is, elements in the spatial system that have a stimulating effect on the tourism movement by satisfying a wide range of tourist needs and creating a tourism product". In order for the phenomena, the objects and elements to be travel resource, they must contain at least one attractive attribute, i.e. to have an attractive property that allows satisfying any travel need. Attractive properties or attributes of tourism resources can be: recreational, tempting the curiosity, prominent and esthetic. Recreational tourism resource attribute is an attribute of the resource, through certain properties affect the physiological function of the tourists. According to the effect of attractiveness tourism resources are divided as recreational and cultural, while according to the genesis they are natural and anthropogenic. Tourist resources depending on the attractive properties can be divided into: complex, independent and complementary. The tourism resources that have or contain recreational attributes are called recreational and tourist resources. The basic and general division of tourism resources is applicable both for recreational and touristic resources and according to it; they may be divided according to genesis, attractiveness, and the attractive properties as well as according to the geographical area in which they are located.

According to the genesis recreational-tourism resources are divided into: 1) natural recreational-tourism resources; 2) anthropogenic recreational and tourist resources. Natural recreational and tourist resources are created by nature and they exist in geographical spaces independent of tourist demand and need. They are confirmed as recreational and tourist resources by the use of the tourists to satisfy their recreational needs. Anthropogenic recreational and tourist resources are created by man. The main objective for their use is tourist recreation and they are usually specially created for recreation. These resources can be built strictly for leisure tourists (example: within a hotel complex, resorts, nearby resorts, etc.), but they also can be built as recreational facilities or areas in a populated area and they can be used by the tourists which are there and they can be used by the tourism industry (example: sports fields which can be used by the locals and tourists during their stay) [1].

According to the attractive feature recreational and tourist resources can be: 1) recreational and tourist resources solely for recreation; 2) recreational and tourist resources with cultural affiliations. The first such tourism resources are the ones that meet only recreational component, i.e. they satisfy exclusively the needs of the tourists (example: breathing, stimulating blood circulation, metabolism, etc.). The latter except for the recreational purpose have a cultural component, i.e. despite the physiological need they satisfy some psychological needs of the tourists (example: emotions, aesthetics, association, imagination, etc.) [3].

According to the attractive properties recreational-tourism resources can be divided into: 1) complex recreational and tourist resource; 2) individual recreational-tourism resource; 3) complementary recreational and tourist resource.

The complex recreational and tourist resource has the greatest impact and offers the most opportunities for different types of recreations, a different structure of tourists throughout the year (ex: mountains a such resource, offering the opportunity for a number of recreations: hiking, walking, mountain biking, rock climbing, paragliding, winter sports, etc.). Second, independent recreational and tourist resource is such that they have the ability to independently attract leisure tourists who especially come for that kind of recreation and those resources are golf courses, aqua-parks, recreational facilities, etc. Complementary recreational-tourism resources are with the more attractive properties, and they are such that they have addition power to attract tourists, but their evaluation is they complement and unite tourists in a tourist area (ex: sports and recreational facilities in a tourist resorts are not the underlying motive for the arrival, but they complement the tourist offer and tourists can use these facilities for recreation) [3;4].

According to the geographical space the tourist resources can be divided into two basic groups: 1) urban recreation-tourism resources; 2) rural recreational and tourist resources. This division of recreational-tourism resources is the simplest and it is made according to the place where they are, therefore urban recreational and tourist resources are those that are located in an urban or urban areas, while the latter are recreational and tourist resources which are located in rural areas, i.e. outside the cities. Tabular summary of the typology of recreational-tourism resources are shown in fig. 1.

Recreational-tourism resources as an inseparable part or an integral element of the tourist destination have a role when choosing a destination by the tourists. Normally all recreational and tourist resources do not have the same impact, so some recreational and tourist resources are crucial when choosing a destination, while others have less impact, and are not crucial, but enrich the supply of the tourist destination. For example, when it comes to recreational tourism the recreational-tourist resources are crucial for the selection of the desired destination, and if it comes to business tourism it is not crucial but it can affect the choice of the destination [1].

Due to the importance of the recreational-tourism resources on: tourists, tourist movements, tourist destinations, tourist spending and especially on the tourist offer, and thus the development of tourism, it is extremely important to pay attention to them, in analyzing and assessing the resource potential for development of tourism.

Recreational and tourist resources		
Division of recreational and touristic resources by:	Type of recreational and tourist resource	Types of recreation (activities)
Genesis	Natural	Mountains Rivers Lakes Flora and Fauna
	Anthropogenic Specially designed for tourism Intended generally for sports and recreation	Sports fields Sport halls Trim tracks Bicycle tracks Roller blade tracks Gyms Swimming pools Aqua parks Theme parks Golf courses Go-cart tracks Hippodromes Recreational areas etc.
Attractive landmarks	Recreational landmark	Sport fields Swimming pools Fitness centers etc.
	Cultural landmark	National parks Thematic parks etc.
Attractive properties	complex	Mountains Recreational areas and facilities, etc.
	Individual	Golf courses Aqua parks Go-cart tracks
	Complementary	Public sport facilities Public swimming pool, etc.
Geographical space	Urban Rural	

Source: [1].

Fig. 1. Recreation tourism resources

Depending on whatever form of tourism there should be a certain recreational and tourist resources, which will be a basis or additional incentive for tourist movement. By definition the division and typology of the recreational-tourism resources, is more than clear that all recreational and tourist resources do not have the same meaning to enrich and complement the tourist offer. In the context of this understanding, it can be concluded that the analysis of recreational and touristic resources deserves special attention anthropogenic resources, because they are mostly created for leisure tourists and those who are not specially created for leisure tourists can be made for the purpose of meeting the recreational needs of the tourists. In any case, tourist and recreational resources have great importance and are a major role in increasing tourism spending and the choice of destination, the pleasure of tourists and therefore the greatest impact to complete the tourist offer, and because they also represent one of the most important elements of the tourist offer. Knowing the importance of recreational-tourism resources and the impact they have on the tourist destination and tourists on the one hand, and the state and the number of them in the space on the other hand, we can say it is particularly important on their typology and they can function better, faster and sustainable development of tourism in each tourist destination, which will be manifested by itself by satisfying tourist demand, increasing tourist movement and enriching the tourist offer. [1]

Tourism product diversification has the potential to embed the notion of market diversification [2]. But it can be a risky

strategy as developing new tourism products requires expanding a destination's infrastructural (physical, human and informational) capacity in order to satisfy the wider range of tourists and stakeholders. That is not easy to achieve, and also there are dangers in moving into markets in which there is little or no previous experience. Thus, there is a need for product research and development, and also for innovation, as well as detailed insights into customer and host community needs. This implies there is a need to understand complex processes in order to achieve successful diversification. Therefore, it is useful to critically discuss some of the potential advantageous and disadvantageous of product diversification in tourism, with the discussion drawing on relevant academic literature [2; 3].

Potential advantages: 1- Diversification into new tourism products, such as business tourism, ecotourism, sport tourism etc., can provide the sector with a wider platform that can consolidate other tourism or hospitality activities, thereby resulting in mutual interdependency (Kontogeorgopoulos, 2009; Rotich, 2012; Weaver, 2001). 2- Diversification can allow for the use of existing expertise, knowledge and resources that are in place when expanding into new activities. This may result not only in the transferal of skills and the sharing of costs, but also in knowledge development through learning from new experiences (Holland, 2003, Nordin, 2003). 3- Diversification can allow managers to identify declining supply chain activities, which in turn can be eliminated, consolidated or even transformed to more productive ones (Weaver and Lawton, 2006). 4- Diversification potentially could encourage internal competition between various tourism suppliers, and that competition might improve quality and performance (Ashworth, 2004; Moraru, 2011) [5].

Potential disadvantages: 1- Diversification can often increase the management complexity required to coordinate and control the various activities, resulting in additional costs and inflexibilities (Ansoff, 1957). 2- Diversification can intensify internal conflicts about resources between various tourism actors and that can hinder the collaboration required to compete globally (Nelson, 2003). 3- Diversification can fail if there is a mismatch between the supply capacity and the needs of the market. Thus, diversification should be guided by both market needs and supply side competencies (Weaver and Lawton, 2006). 4 - Research on, and planning for, diversification is a complex process and it requires multi- and interdisciplinary knowledge and information [2]. Despite that, it is quite difficult to eliminate its uncertainty.

References

1. Typology of recreational-tourism resources as an important element of the tourist offer / Mijalce Gjorgievskil, Saso Kozuharov, Dejan Nakovski – 2013. – [Electronic resource]. – Access mode: https://www.researchgate.net/publication/291137751_Typology_of_recreational-tourism_resources_as_an_important_element_of_the_tourist_offer
2. Product diversification, product relationships, and the economic resilience of Libyan tourist destinations / Abdelati M. Benur – 2013. – [Electronic resource]. – Access mode: <https://shura.shu.ac.uk/19348/1/10694229.pdf>
3. Recreation and tourism: Development Strategy for Lantau - Feasibility Study / Ove Arup – 2018. – [Electronic resource]. – Access mode: <https://www.cedd.gov.hk/eng/our-projects/project-reports/index-id-15.html>
4. A Critical Evaluation of Tourism Product Diversification: The case of Cyprus / Anna Farmaki – 2011. – [Electronic resource]. – Access mode: <http://irep.ntu.ac.uk/id/eprint/258/>
5. Product Diversification. – [Electronic resource]. – Access mode: <https://corporatefinanceinstitute.com/resources/knowledge/strategy/product-diversification>

УДК 615.825+616.72-018.38-089.168:615.83

Грубар Ю.О.
кандидат медичних наук, доцент
Тернопільський національний медичний університет імені І. Я. Горбачевського
Грубар Ірина
кандидат наук з фізичного виховання і спорту, доцент
Тернопільський національний педагогічний університет імені В. Гнатюка
Грабик Надія
кандидат наук з фізичного виховання і спорту, доцент
Тернопільський національний педагогічний університет імені В. Гнатюка

РЕАБІЛІТАЦІЯ ПАЦІЄНТІВ ПІСЛЯ ПЛАСТИКИ ПЕРЕДНЬОЇ СХРЕЩЕНОЇ ЗВ'ЯЗКИ КОЛІННОГО СУГЛОБА

У статті представлені результати реабілітації пацієнтів після пластики передньої схрещеної зв'язки під артроскопічним контролем, яка базувалась на фазовість клінічного перебігу післяопераційного періоду. Серед травматичних ушкоджень зв'язкового апарату колінного суглоба переважають пошкодження передньої схрещеної зв'язки. Повноцінне відновлення працездатності при розриві передньої схрещеної зв'язки можливе лише після оперативного втручання.

Мета – покращити результати лікування пацієнтів яким виконана пластика передньої схрещеної зв'язки колінного суглоба під артроскопічним контролем шляхом комплексного підходу в програмі їх реабілітації. Висновки. Розроблена та запропонована програма фізичної реабілітації пацієнтів після пластики передньої схрещеної зв'язки колінного суглоба під артроскопічним контролем, що побудована з урахуванням фазовості клінічного перебігу післяопераційного періоду, дала позитивні результати в клінічній практиці. Ефективність програми проявилася