

DEVELOPMENT OF STUDENT INTERESTS IN SPORTS TOURISM

Shomurzaeva Nasiba

Jizzakh State Pedagogical University, Uzbekistan

ABSTRACT: The article examines the development and benefits of sports tourism for the physical and psychological well-being of people. The article discusses the main aspects of sports tourism, including its definition and various types of sports activities, such as mountain biking, hiking, skiing and others. One of the main advantages of sports tourism is its health benefits. The article also discusses the social and educational benefits of sports tourism. Participating in sporting events and meeting new people helps to expand social connections and share experiences. In addition, sports tourism opens up new opportunities to explore various places, natural attractions and cultural attractions.

KEYWORDS: Sports tourism, active recreation, physical activity, health, psychological well-being, social interactions, nature, cultural attractions, sustainable development, environmental sustainability.

INTRODUCTION

Sports tourism is a sport that aims to improve a person's athletic ability in overcoming natural obstacles. The sportiness of tourism lies in overcoming natural obstacles, in the use of various tactics and techniques for overcoming obstacles.

The passion for sports tourism allows you to get acquainted with the culture and way of life of different countries and peoples, with wonderful and often even unique corners of nature, interesting sights, enjoy communication, and make friends. Participation in sports hikes of initial categories of complexity and in competitions over distances, as a rule, does not require significant financial expenses, at the same time it allows you to gain the necessary basic skills and enjoyment of participating in hikes and competitions.

Engaging in sports tourism, as a complex sport carried out in a complex natural and social environment, of course, carries certain risks and requires the athlete to have versatile knowledge, skills, experience and good physical, technical and psychological preparation.

Sports tourism differs by type:

- pedestrian tourism—movement along the tourist route is carried out mainly on foot.
- ski tourism - movement on the tourist route is carried out mainly on skis.
- mountain tourism - hiking in high mountains.
- water tourism - rafting on rivers on rafting devices (ships), usually in mountainous areas.
- speleotourism - travel through underground cavities (caves, cave systems, including those partially flooded with water).

- sailing tourism - traveling on ships under sail on the sea or in the waters of large lakes.
- on vehicles - a section that includes cycling tourism, horse riding tourism and automoto tourism.
- combined tourism - trips that combine elements of various types of tourism;
- motorcycle tourism is one of the types of tourism in which a motorcycle serves as a means of transportation. The concept of “motorcycle tourism” has many meanings and refers both to one of the types of active recreation and to a type of sports tourism.

Sports tourism provides many health benefits. Here are some of the main benefits:

1. **Physical activity:** Sports tourism includes various types of physical activity such as hiking, mountain biking, swimming, skiing and others. These activities allow you to improve your physical fitness, develop endurance, strength and flexibility. Regular physical activity helps strengthen the cardiovascular system, improve the functioning of the respiratory system and generally strengthen the body.
2. **Psychological well-being:** Sports tourism improves psychological well-being. Activities in the fresh air and in contact with nature help reduce stress, improve mood and increase overall psychological harmony. The natural beauty and tranquility of our environment can have a positive effect on our emotional state and overall mental stability.
3. **Social interactions:** Sports tourism provides the opportunity to meet new people, communicate with like-minded people and participate in group activities. This helps to expand the social network and strengthen social connections, and also creates an opportunity for the exchange of experience and knowledge.
4. **Educational Experience:** Sports tourism offers a unique opportunity to explore new places, natural attractions and cultural attractions. This allows you to gain new knowledge about the world and develop cultural and educational experience. Travel and excursions stimulate our curiosity and help expand our horizons.
5. **Stimulating a healthy lifestyle:** Participation in sports tourism contributes to the formation of a healthy lifestyle and motivation for physical activity. Experiences like this can inspire you to make changes in your daily life, such as increasing physical activity, eating healthy, and maintaining overall fitness.

These are just some of the health benefits of sports tourism. Through an active lifestyle and a positive contribution to health, it encourages a healthier and more balanced lifestyle.

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