

ORGANIZING TOURIST TRIPS WITH STUDENTS

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Annotation. The article deals with the issues of general and special physical training of tourists. Recommendations and methods for improving physical fitness are given. There are also ways to relieve fatigue and various tensions during hiking trips.

Key words: hiking trips, general and special physical training, ways of improvement, food ration, daily regimen.

Аннотация. В статье рассматриваются вопросы общей и специальной физической подготовки туристов. Даются рекомендации и методика повышения физической подготовки. Также приведены способы снятия усталости и различные напряжения в процессе туристских походов.

Ключевые слова: Туристские походы, общая и специальная физическая подготовка, пути совершенствование, пищевой рацион, режим дня.

Tourist trips are one of the most important means of educating students and schoolchildren in the spirit of local history, patriotism, and love for nature. It is known that tourist trips require special physical, mental, moral and spiritual preparation. While most young people have a high interest in tourist trips, they lack general and special physical training. They get tired during the trip, they can get injured, and this in some cases leads to the destruction of the travel plan. In order to avoid such unpleasant situations, it is necessary to prepare carefully and comprehensively in advance for trips.

The purpose of the study. The main goal of the research is to develop practical recommendations for the organization and conduct of general and special physical training of participants of tourist travel clubs in educational institutions and to apply them to the process of travel.

Research tasks.

- study of scientific and methodological literature on general and special physical training necessary for tourists;
- to study the activities of tourist travel clubs and the processes of competitions, as well as best practices;
- giving practical recommendations on improving the general and special physical fitness of the participants of tourist trips.

Research methods.

- study and analysis of relevant literature;
- study of best practices;
- determination of physical fitness through control exercises;
- pedagogical observation;
- conducting a survey;
- conducting practical training;
- mathematical and statistical analysis, etc.

Research object. The process of improving the general and special physical fitness of students in the course of tourist training with students of the Jizzakh State Pedagogical Institute, Faculty of Physical Culture is a research object.

Research subject. The content, means and forms of touristic activities conducted with students are the subject of research to improve general and special physical fitness.

R. Abdumalikov, T. Kholdarov, R. Qasimova, E. Daurenov, Kh. Tulenova, T. Khayitov, Z. Namazov and others have conducted scientific and methodological researches in our republic on the organization and conduct of tourist trips. They gave valuable recommendations on the organization and conduct of trips, the organization and conduct of sports and health camps, and the organization of training sessions with travelers. He also gave recommendations on how to prepare for trips, improve the physical fitness of the participants, and follow the safety rules during the trip.

According to the materials of the conducted questionnaire (144 people), almost 100% of students are interested in tourist trips. 33% of them consider themselves ready for tourist trips in all aspects (physical, mental, moral, technical, safety, medical, economic, ecological, etc.). 34% consider themselves partially ready for travel. 33% do not consider themselves ready for travel [1].

In all tourism circles, on the eve of preparing for trips, the necessary tourism equipment, food and other goods are distributed equally to each participant, depending on their physical fitness. In one-day trips organized on holidays, there

will be no excess baggage, only food, balls, musical instruments, and if it is intended to set up a tent, make a campfire, to get the necessary equipment and tools. it is planned to be handed over to active students.

The requirements of the walking route and plan are to cover a distance of 6-8 km on foot, to collect collections and herbariums on the way, to walk, to get acquainted with the structure of places, to observe the order of walking on the trip[1].

In preparation for the trip, drawing up a route plan and confirming it, talking during tourism, conducting lectures, consistently familiarizing with topographical signs, learning to make drawings, drawing up plans for holding competitions on technical types of tourism, medical examination of students It is necessary to develop important work such as transfer, purchase of necessary equipment, preparation of costs for food in advance.

Approximate plan of tourism trips:

1. Determination of the approximate plan of tourism.
2. Identifying the group of participants and making a list of them.
3. Determining where to be.
4. Gathering information about places to travel.
5. Development of the route.
6. Calculate how long it will take for the trip.
7. Make a calendar plan.
8. Determining the composition and conditions of meals.
9. Compilation of travel expenses.

Each participant is given a special task in preparing for trips to categories.

1. Group leader.
2. Head of spiritual and moral education.
3. Food manager.
4. Person responsible for tourism equipment.
5. Secretary.
6. Master of repair works.

7. Medical staff.
8. Physical education and sports organizer.
9. Reporter.
10. Photographer.
11. Commandant (appointed during rest and overnight).
12. Group leader.

There are different forms and methods of organizing tourism in educational institutions. The procedure for organizing multi-day trips of schoolchildren and students is as follows:

1. At the beginning of the academic year, the travel direction is determined and at the general meeting confirmation.
2. To attract active enthusiasts of the circle and public students to the trip.
3. Preparation of the necessary tourism equipment for a multi-day trip throughout the year.
4. Getting appropriate advice from experienced staff of tourism bases and children's tourism centers.
5. Receiving research tasks from research institutes and other organizations.
6. Monitoring the physical fitness of tourists throughout the year.
7. To study the conditions and rules of providing first medical aid and mutual aid in dangerous places.

When the students come to the conclusion that they are fully ready for the trip, the physical education teacher, the chairman of the travel club, and the trip leader will draw up an itinerary in cooperation and it will be approved by the administration. The head of the multi-day trip, the head of the class must meet with the parents of each student and get their consent. A general meeting of participants will be held before the trip. This will remind you of the tasks. All equipment and necessary items are checked for readiness. Also, eliminating the negative characteristics and shortcomings of the students, fully following the general rules during the trip, and being harmonious, are taught by the school director, class

leaders and other management staff. Teachers of geography, botany, history, and physical education are primarily active in attracting students to tourism and local history circles, organizing and conducting trips. During trips, the mood of the teacher and students are not always the same. Sometimes there are various arguments, disputes, resentments, and even complaints. In order to prevent this situation, the tour leader finds the culprits, blames them, and reprimands them in front of many people. As a result, the group of travelers on the general purpose road fully restores its harmony, and the trip is voluntary.

During the trip, the following requirements and duties are imposed on the leaders.

1. Organizing a group of travelers and taking full responsibility for it.
2. To be highly qualified, having participated in or led trips to lead a mountain tourism trip.

During the trip, the leader has the following rights:

To take action against those who violate the travel order, to remove them from the group. Change direction when necessary. Transferring the group to a more experienced specialist when circumstances require.

The leader is obliged to:

Preparing the group members for the trip at an appropriate level. Introduction of tourism directions, socially useful works, research and study plans. Making a map or drawing, ensuring safety on the road. To study the obstacles on the road, if necessary, to determine ways other than the emergency. Preparing the necessary equipment in advance, calculating travel expenses, food. Keeping a direction book. Regular control of group discipline. Inspection of road safety and rescue control agencies. Marking the address book in certain places.

Reporting to the travel center or safety and rescue control centers by phone or radio about the places passed during the trip. Provide first aid to the injured and quickly transport them to the appropriate place. Rapid reporting of accidents. Providing assistance to other endangered groups or local populations. After the trip, inform the relevant offices and organizations. The tour leader prepares a written report on the route taken and the work done. The organization sending the

groups on a long trip takes full responsibility. He also ensures the safety of tourist groups. It is not easy to follow the tourists on a continuous basis. All clubs, organizations, sports centers, trade unions, children's and youth cultural centers, officials are involved for supervision. How to start and end the trip, the postal system, means of communication should be constantly working and informed with continuous travel information in order to ensure the perfect order of the tourist bases.

Conclusions.the participants of the trip have sufficient physical and mental training, it is a guarantee of safe trips

- light running for 3-5 km, walking for 1-3 km during preparation, doing morning physical education, following the order of eating and drinking water, moving with a load of 8-12 kg are the main means of general and special physical training;
- at least 1.5-2 months of planned preparation is required for one-day and multi-day trips;
- special permits and orders from local authorities and organizations are required for all types of travel. Information about trips is reported to the internal affairs and emergency departments at least 15 days in advance.

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