

Development of Tourism in Uzbekistan through Physical Education and Sports

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Abstract: This article describes the concept of sports tourism, its classifications, differentiation according to the target function, motives and results of sports tourism, as well as the development of sports tourism in Uzbekistan by conducting international sports competitions, the ethics of youth sports tourism, the absorption of knowledge and skills in terms of sports tourism goals, the expansion of worldview, the formation of physical activity and spiritual qualities of.

Keywords: tourism, Tourism Culture, Sports and cultural heritage, sports tourism, sports infrastructure, competitive sports, sports events, active sports tourism, sports tourism travel.



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INTRODUCTION

Special attention is paid to modern scientific research, which provides the basis for the effective development of the tourism market in order to develop the tourism sector in the world, to further increase its socio-economic importance and share in the economy. In terms of revealing the features and trends of the development of the tourism market in the conditions of an innovative economy, as well as improving the organizational and economic mechanism of its effective development, the research of methodological and methodological and practical aspects of this issue is manifested in relevance today. Tourism is studied by various socio-economic disciplines as a type of activity and category. Understanding this concept in a socio-philosophical sense, interpreting it as a holistic social phenomenon, is becoming one of the urgent tasks. Therefore, the understanding of tourism as a social phenomenon, its concrete content in each historical period and the correct understanding of its changing character form the basis for the formation of a tourism culture. The theoretical-methodological study of tourism culture assumes its research, consisting of two independent concepts, "tourism" and the combination of "culture". Tourism in its essence means walking (travel) on foot and in mounts, hiking in attractions, resting in khushmanzara retreats, pure air, sunshine and squinting in the azure waters. This suggests that it is a phenomenon of socio-cultural significance.

Today, the improvement of international information, means of communication and transport system has steadily developed the tourism sector, increasing its importance at the international level. Uzbekistan is also undergoing many reforms to transform the tourism economy into a

strategic sector of the state. From this point of view, the research of Tourism Culture and the study of its socio-philosophical aspects are considered an important factor in the formation of a global tourism culture. Tourism, with its multifaceted composition, has an active influence on all spheres of society's life. Currently, tourism is an area of human life that allows him to relax, communicate, gain knowledge, meet new experiences and various needs for others. In recent years, tourism in the Republic of Uzbekistan has been developed as one of the strategic sectors of the economy. On the basis of a number of decrees and decisions, opportunities in the field are being expanded. In particular, the number of countries whose citizens do not require a visa to our country was increased from 9 to 86, an "e-visa" system was introduced for 53 countries. Subjects in the sphere difficult for tourism were supported in every possible way, they were given subsidies. The most urgent tasks of the day are also the issues of wide involvement of the population in mass sports by the development of sports infrastructure in places, the establishment of private sports facilities, mini-football, fitness halls. On the basis of the state committee for the development of Tourism and sports, the Ministry of Tourism and sports and the State Committee for the development of Tourism, on the basis of which the main departments of the region and districts were established in order to introduce modern management mechanisms in the fields of tourism, sports and cultural heritage, to rapidly develop infrastructure in these areas. Among them are the improvement of the regulatory framework governing the activities of the industry, the liberalization of the visa regime in order to provide facilities for tourists arriving in our country, improving the transport system, improving the quality of service at airports and stations, developing new tourism products and tourist routes, supporting NGOs, etc. All this undoubtedly served to dramatically increase the flow of tourists coming to our country, as well as to strengthen the interest of foreign tourists to Uzbekistan. The results of Uzbekistan in tourism in recent years are also highly recognized in the international arena.

One type of tourism that is currently of great interest is sports tourism. Sports tourism refers to a trip that involves watching or participating in sporting events, differentiated from the usual tourist environment. The "soft" definition of sports tourism is when a tourist travels to participate in recreational sports events or signs up for leisure activities. Hiking, ski flying, jogging, and canoeing can be described as soft sports tourism. Sports event tourism refers to visitors who visit the city to watch the events. The two events that attract the most tourists around the world are the Olympic Games and the World Cup. These competitions are held every four years, in different cities around the world. Sports tourism in the United States is more focused on annual events. The main event of the National Football League is the Supercup, which is held annually at the end of the year in another city. Celebrity and nostalgia sports tourism includes visiting halls of Fame and competition venues, as well as meeting sports figures during holidays. Active sports tourism refers to those involved in sports or sports activities. Rugby union, football, basketball, etc are active sports and many sporting events (which we call a tournament or festival) are held annually in most countries of the world. Sports tourism includes travel to sporting events in different countries and regions. This can be further divided into professional and amateur tourism. Professional sports tourism includes qualification categories and competitions in which the title of Master of sports is awarded. In a broad sense, sports tourism includes trips away from the main residence to participate in sports activities for recreation or competition, and trips to observe sports at the public or elite level. The passion for sports tourism allows you to get acquainted with the culture and life of different countries and peoples, amazing and often even unique destinations of nature, interesting sights, enjoy communication and find reliable friends. Sports tourism, first of all, trips to different countries – this is a team sport, characterized by the presence of traditions of mutual assistance, sports discipline, self-improvement, mutual exchange of knowledge and experience, transmission. Attractions in sports tourism it consists in providing the tourist with directions related to sports. Attractions can be natural (parks, mountains, wildlife) or artificial (museums, stadiums, department stores). Common features expressed in this main direction of sports tourism

include visiting certain places: - modern sports facilities or unique sports buildings where stadiums, arenas and sports events are held;-sports museums; halls of Fame dedicated to sports heritage, honoring sports heroes and leaders; - sports - themed amusement park(parks), including water parks; - hiking trails developed for the study of nature; - sports retail stores. Sports tourism resorts are well-planned and integrated resort complexes, the main focus and general strategy of which is sports or wellness. In most cases, these recreation centers offer high-quality facilities and services to the sports tourist. At this point, we should note that sports tourism requires the presence of a necessary base. Including various inventories, special tracks and tracks, sports fields, sports equipment, etc. One of the main requirements for sports trips is to ensure the safety of vacationers. Sports trips, depending on the purpose of the trips, are divided into 2 types: active and passive. In the first case it is considered to practice some kind of sport, in the second case it is simply participation.

In the field of physical education and sports, it consists in the implementation of a single policy aimed at attracting broad segments of the population to play sports and lead a healthy lifestyle, educating a physically healthy growing generation, developing the sports industry and infrastructure, ensuring the worthy participation of our country in the international sports field in the field of higher sports skills. It is envisaged that sports tourism will be widely developed by holding international sports competitions in our country. To ensure successful participation in the Olympic, Paralympic and Asian Games, World, Asian Championships and other international competitions and tournaments, an effective system of qualifying, training and improving the skills of promising athletes, the formation of a quality sports reserve and composition of the national teams of the country will be created among them.

At this point, it should be noted that TODAY Sports Tourism is a less developed area. Therefore, another important factor in the development of Tourism Culture in our country is the provision of high – quality education and training of specialists in terms of sports tourism. The organization of the educational process in the field of sports tourism is now also one of the rapidly developing areas. An important promising direction for the development of sports tourism is, first of all, the training of qualified personnel who will serve in this area in the future and the active promotion of the tourism culture of our people through them. The main object of development of sports tourism culture in the Republic of Uzbekistan at the present stage is youth. The formation of knowledge and skills of young people in the field of Sports Tourism Ethics, sports tourism goals, increasing their knowledge in sports tourism, expanding their worldview is an important factor in the development of sports tourism culture. The main goal of sports tourism: the development and improvement of knowledge, skills, skills in order to overcome natural obstacles, as well as its main result should be considered not only physical, but also spiritual and moral improvement of a person. In addition, the sports tourism system not only develops the physical activity and spiritual qualities of an individual, but also serves to improve local infrastructure to accommodate incoming tourists. Sports tourism has a major impact on economic growth through tourist spending. The number of sports tourists is increasing from year to year. All over the world, countries are comprehensively developing the sports tourism industry in order to meet the needs of tens of thousands of sports tourists, provide them with high-quality services and offer a decent sports infrastructure. Fierce competition promotes the increasingly aggressive advertising of each country as an ideal place for sports and sports tourism. Naturally, this situation will help many countries maintain sports facilities and infrastructure at its peak. Ultimately, improving the functioning of the entire tourism system will help increase the level of development of specialized sports in the region or country. This, in turn, encourages sports tourists to visit one state or another more actively.

CONCLUSION

TODAY, Sports Tourism is developing on the basis of various societies and clubs with state support, as well as physical education teams that help organize trips. The development of sports tourism depends on the resources allocated for sports infrastructure. Sports tourism tours take visitors around the world to their favorite sports competitions, facilities or destinations. In conclusion, the combination of sports and tourism is the best way to stay healthy. Today, there are many different sports for each person to choose from, suitable for each person. Exercise is very useful for making our body strong and keeping us healthy all the time. Therefore, we believe that everyone should do their best to be healthy.

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