

Development Directions of Sports Tourism in Uzbekistan**Alieva Makhbuba Toychievna**Professor of the Department of Tourism and Service, Tashkent State University of Economics,
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Annotation: This article provides methodical recommendations for conducting sports tourism training, which is important for the formation and development of domestic tourism. Also, the seasonal features of the organization of sports tourism are issues that need to be taken into account of the natural conditions of the place.

Keywords: domestic tourism, sports tourism, mountain tourism, water tourism, tourism activities, travel.

INTRODUCTION

In our republic, a number of reforms are being implemented to develop the tourism sector, expand the tourist and related infrastructure in the regions, diversify tourist products and create new tourism facilities, and significant positive results are being achieved. Appendix 1 to the Decree of the President of the Republic of Uzbekistan dated January 5, 2019 No. PF-5611 "On additional measures for the rapid development of tourism in the Republic of Uzbekistan" "Tourism in the Republic of Uzbekistan in 2019-2025 "Concept of development of the field of tourism" defines the important tasks aimed at the development of tourism in the country. For example, it is determined to develop special programs for the development of domestic tourism. Today, geography, history, field practices and various sports tourism trainings are organized for students of physical culture and tourism. Therefore, as one of the means of raising the young generation to become a physically fit and spiritually mature person, great attention is paid to the development of domestic tourism, and elements of sports tourism are used in this.

LITERATURE REVIEW AND METHODOLOGY

Theoretical issues of the tourism sector, its sustainable development and territorial features have been studied by geographers and economists from abroad and our republic. It was considered in the works of foreign scientists such as Douglas G. Pierce, Richard Winarsky, Andrew Holden, Giulio Aramberri, Richard Butler. Also, IVZorin, VSBogolyubov, VPorlovskaya, A.Durovich, NIKabushkin, VAKvartalnov, VSSenin, TTXristov, AD of the CIS countries In the scientific works of scientists such as Chudnovsky, VGFedsov, MBBirzhakov, the issues of tourism development were studied. QXAbdurahmonov, MRBoltaboyev, MQPardayev, ISTukhliyev, G., H.Qudratov, N.Tukhliyev, T.Abdullayeva, ASSoliyev, MRUsmanov, MMMuhamedov, DKUsmonova, M.Hoshimov, A.Norchayev, BXTorayev, B.Sh.Safarov, Economists and geographers such as ANNigmatov, MTaliyeva, Sh.R. Fayziyeva, TVKim developed proposals for further improvement of the tourism sector in their scientific research. Also, in the scientific works of researchers such as OKHamidov, N.Ibragimov, S.Roziyev, B.Berdiyev, NTShamuratova, B.Kamolov, Sh.Yakubjonova, M.Mansurov, Sh.Shomurodova, Tashkent, Samarkand, Bukhara, Khorezm region of Uzbekistan and the impact of tourism on the economy in the Fergana Valley section. Sports

tourism is overcoming obstacles in the natural environment (various roads and paved roads, passes, passes, peaks, rapids, canyons, caves, etc.) and artificial terrain. is a sport based on competitions on routes that involve passing. Sports tourism is divided into the following types:

Walking - movement in the tourist direction is mainly done on foot. The main task is to overcome terrain and landscape obstacles on foot, and for the higher level of difficulty, to overcome in areas with difficult terrain and climatic conditions. The main task is to overcome terrain-landscape obstacles along the snow and snow-ice cover on skis for high level of difficulties in harsh climatic zones and mountainous regions. Mountain tourism is hiking in high mountains. The main task is to cross mountain passes, climb peaks, and cross mountain ranges.

Water tourism is rafting (boat) on rivers, usually in mountainous areas. The main task is to pass through water obstacles created by the topography of the river bottom and the characteristics of its flow. Speleotourism is a trip through underground spaces (caves, cave systems, including partially submerged ones). . The main task is to overcome the structural barriers found in the caves. Sailing tourism is travel on ships sailing on the sea or in the water zones of large lakes. The main task is to carry out the sailing plan of the ship in accordance with the rules of sailing in inland waters and on the open sea. There is a section on vehicles that includes bicycle tourism, horse sports and car tourism. The main task is to overcome terrain and landscape obstacles on a long route (tourist, livestock and animal migration routes, passages; mountain passes, etc.) to overcome in difficult conditions, usually in mountainous conditions or in strongly isolated terrains that are difficult in terms of climate and terrain.

DISCUSSION AND RESULT

Pokhods are organized in groups for the purpose of physical training, study of the country, social and useful work with the help of walking, cycling, skiing, boating and similar means. The types of tourism are very diverse and are actually increasing. From the point of view of physical education, they can be divided into preparatory, real touristic and public promotion.

Preparatory exercises perform the main tasks of exercise and preparing the body for large and long-term exercises, preparing for participation in them. It is necessary to include walking and excursion elements in the process of preparation. The main content of this stage includes tourist rules, pohod living conditions, walking techniques, special tourist activities, prior study of the road, scouting, choosing and preparing rest areas, organizing evening rest and overnight stays, lighting bonfires, and similar areas. learning lies. Increasing endurance, strength, speed and other physical qualities ensures participation in complex pokos. Real tourist pokos are one of the living types of tourism. It lasts for many days (from a few days to a month), It is fundamentally different from the others with a variety of routes and methods of movement. They are registered in sports clubs or special tourist institutions, and permission is obtained from the above-mentioned organizations to organize complex tourist trips. Such pokhods are managed and led by public-instructors, experienced and specially trained tourists. in such cases, the difficulty levels of the complex trails, the length of the distance, the difficulty levels of the natural obstacles, the procedures for reaching populated areas, the number of test trails and other conditions are set.

Promotional campaigns are devoted to large socio-political or sports events, the purpose of which is to attract the public and the masses to tourism. In such cases, the best practices of the communities are exchanged, new events and results in the tourism movement are introduced, and active tourists are encouraged in various ways. Concert performances of artistic amateur teams, friendly sports matches, competitions on knowledge of tourist equipment and other tools ensure that promotional work is lively and interesting. An expedition is a tourist trip that visits an object (geographical,

geological, local history, historical, etc.) is organized for the purpose of learning. Such travel processes include active movement, that is, walking, skiing, etc., as well as distance can be covered by passive movement (in transport). In terms of territorial characteristics, tourist trips, pokhods are local and long-distance, and in terms of characteristics, they have planned and amateur types. Scheduled trains are organized in advance and only on specially designed routes. In such cases, tourists are provided with special equipment, food and instructors.

Amateur trips are organized by councils of physical culture groups, sports clubs, tourist clubs, cultural clubs, tourist camps, bases, children's tourist stations, schools, student houses and individual tourists. organized by groups. In this case, tourists make their own routes and serve themselves in the process of travel. Necessary tourist equipment, they will have to buy or rent food and other equipment themselves. This feature of the trip is most convenient for mass one-day and multi-day trips, which are often organized more in educational institutions. It should be noted that trade union organizations, sports clubs, making good use of two days off a week, large enterprises, creative staff groups organize pokod in suburban areas. He even organizes rest houses and preventive camps for production and labor communities in Tashkent, Samarkand, Fergana, Navoi and a number of other cities, creating certain facilities for workers to relax and travel throughout the year. This feature of the trip is most convenient for mass one-day and multi-day trips, which are often organized more in educational institutions. It should be noted that trade union organizations, sports clubs, making good use of two days off a week, large enterprises, creative staff groups organize pokod in suburban areas.

Geographical location and climatic conditions of Uzbekistan are favorable for almost all types of travel. Ancient cities such as Samarkand, Bukhara, Khiva, which are rich in historical and cultural monuments, and the city of Tashkent, which has modern buildings, are the tourist destinations of the people of the Republic. Cities such as Termiz, Karshi, Shahrisabz, Ko'kan, Namangan, Nukus, Urganch, which have a history of 2500-3000 years, attract the attention of many people with their ancient monuments. Cities such as Yangiyer, Gulistan, Navoi, Zarafshan, Jizzakh, which have risen again in the last 40-50 years, are known to the world for their modern cultural buildings, sports facilities, educational institutions and production enterprises and their products. Due to the independence of our republic and the sharp changes in the appearance of the cities today, people spend their walks in the territories of our country. Tourists from the republics of Central Asia and other independent countries are looking with envy at the current development, prospects, and beauty of Uzbekistan. Visitors from foreign countries, businessmen, tourists and official representatives, leaders also organize excursions to historical cities such as Tashkent, Samarkand, Bukhara, Khiva. Tourists are attracted not only by historical and cultural monuments, but also by skyscrapers, tall architectural buildings, sports complexes, large industrial production enterprises, private firms, joint ventures, trade, commercial centers, higher education institutions, hospitals, theater and cultural entertainment. gardens, the traditional national holidays in them (Navroz, Independence Day, wrestling, tennis and other international tournaments, various sports competitions) are more interesting. One of the main reasons for this is that the organizational aspects of mass events, national characteristics, and useful work in the field of education and health are gaining attention.

Extreme tourism is also considered a part of sports tourism, and travel and active types of recreation are associated with risk in one way or another. Modern extreme tourism developed at the beginning of the 20th century, such as parachuting, mountaineering, rafting and others. Extreme tourism requires not only physical fitness and courage. Extreme tourism is a type of tourism that has developed and is spreading widely in many European countries. Mostly young people are

interested in this type of tourism and want to get real adrenaline. For this reason, Extreme tourism attracts more young people. Almost every type of extreme tourism requires training and skills. Currently, there are tens or even hundreds of types of extreme tourism, the most common of which are mountaineering, kayaking, diving, rafting, paragliding and mountain tourism. There is also an exotic type of extreme tourism. Extreme tourism is not only one of the promising types of tourism business, it attracts more people. New unexplored places for extreme tourism are emerging, the emergence of new types of tourism is a proof of this. Extreme tourism is not only of high quality, but all its types require certain skills, appropriate equipment, experience and high professionalism.

PARACHUTE JUMPING - parachuting and paragliding are the most popular forms of extreme tourism recreation. Traditional parachute is especially popular in Ukraine due to its relatively cheap price. Paragliders have personal equipment that allows them to make difficult jumps. These include group acrobatics, skysurfing, pole vaulting, etc. RAFTING AND KAYAK- rafting is a descent of inflatable boats on fast rivers with a crew of four or six people. A kayak is the same as a rowboat, with only one paddler in the boat. DIVING - diving shows a particular growth in popularity - in various bodies of water. At least 20 million divers are registered in the world. ALPINISM is one of the most extreme sports. Alpinism requires excellent physical and psychological preparation, as well as

In recent years, significant reforms have been implemented in our country regarding the development of sports, extreme and recreation. However, there are still a number of areas that require modern requirements and support. These include paragliding, hang gliding, aeronautics, small aviation, mountain tourism, bicycle tourism, skydiving, motor tourism, auto tourism. The "Yusufkhona" muddy parade ground bordering the Chervok reservoir has its own characteristics, and the area has climatic conditions for the development of active types of tourism such as aeronautics, water, mountain, hiking.

CONCLUSION

According to the information of scientific research institutions and specialists, today the directions and perspectives of the development of extreme tourism are formed in connection with the laws of nature and the stability of geosystems. In recent years, a number of scientific researches aimed at revealing the scientific and methodological foundations of extreme tourism have been conducted in Karakalpakstan. However, analyzes in this regard show the importance of training bachelor personnel who know nature and geosystems well, who can lead a group in nature and in extreme conditions of nature, and who have the qualification to provide first aid if necessary.

Uzbekistan has a great potential in the development of sports and extreme tourism. Admittedly, there are a lot of things to do and things to do. There are many unexplored and unexplored areas in our country for tourism. In order to develop this type of tourism, it is necessary to study the regions, get to know their possibilities and conditions. There are many such areas in our country. Currently, Sports and extreme tourism is one of the most popular and currently developing areas of interest in the world, attracting more and more young people. USA, France, Italy, and Germany are the leading countries in the world in this field. At present, Uzbekistan should not be limited to one branch of tourism and should be developed following the example of other countries in the world. In the first place, it is necessary to further accelerate the flow of domestic tourists, to create favorable conditions for them, to organize recreation areas and sanatoriums for the population on the mountain slopes. Currently, the majority of tourists visiting our country are over 50 years old. In order to attract young tourists in our country, it is necessary to further develop bi-sports and extreme tourism, eliminate shortcomings in this field, and create favorable conditions for them. At

this point, it is necessary to pay attention to the issue of personnel training. In order to attract young tourists in our country, it is necessary to further develop bi-sports and extreme tourism, eliminate shortcomings in this field, and create favorable conditions for them. At this point, it is necessary to pay attention to the issue of personnel training. In order to attract young tourists in our country, it is necessary to further develop bi-sports and extreme tourism, eliminate shortcomings in this field, and create favorable conditions for them. At this point, it is necessary to pay attention to the issue of personnel training.

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