

Sports Tourism Is A Method of Developing General Endurance In High School Children

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Abstract: the article is devoted to a comprehensive study of the impact of sports tourism on the development of general endurance in children of secondary school age. The special importance of endurance for human life, as well as the use of sports tourism as a method of increasing physical endurance, was determined and justified. The analysis of modern methodological literature showed that there are almost no specific recommendations for developing and increasing endurance in sports tourism, as a result of which a set of author's exercises was developed to control the level of endurance used in training and research.

Keywords: sports tourism, methods of teaching endurance for high school students, author's set of exercises.

Interest in the possibilities of the human body has not always faded. In Russia, the health of the young generation is an urgent problem. One of the tasks of a modern physical education teacher is to improve the process of physical education of schoolchildren. The passive lifestyle of a modern child, physical inactivity, deterioration of the living environment, especially in the city - all this leads to a low ability to work at school, difficulties in performing physical exercises (even at the level of school standards for physical education). As a result, life expectancy is low. Physical endurance is of particular importance for human life, especially for sports activities. Endurance is essential in all forms of human activity, and of course athletes need it more than anyone else. At this stage, it is known that resilience is a quality that can be formed from a very early age.

Endurance is the body's ability to resist fatigue. One of the ways to develop it can be sports tourism. Sports tourism contributes to the well-rounded development of a person, which shows the need to develop this type of sport among children. Tourism as a sport opens great opportunities for the development of the most versatile qualities of a child: physical, moral-will, psychological, patriotic and even aesthetic. At its core, children's sports tourism combines additional education, sports and active recreation with a high health factor. For children who decide to engage in sports tourism, it is very important to have general and special endurance. The development of this quality helps to correctly solve the sports problems on the route: correctly distribute the forces when performing various exercises and techniques, perform these methods without much muscle strain, especially if the duration is from six to several days in a possible sports walk.

In modern methodological literature, unfortunately, there are few specific recommendations for developing and increasing endurance in sports tourism. We proposed a set of exercises for the physical fitness of tourist athletes: cycles of the training process aimed at increasing the general endurance of young tourists, taking into account the seasonal nature of the training (gyms, winter, hiking in the summer).

Physical fitness of tourists should be constant and year-round, therefore, the recommended set of exercises for tourist athletes fully meets the seasonal requirements of the climate zone of the northern region of our country, and many obstacles, forms artificially is characterized by the ability to imitate. The elements of the mountainous terrain are also the conditions for overcoming them without organizing a trip to the mountains. The main purpose of this complex is to increase the size of oxidative muscle fibers, which play an important role in the overall endurance of the athlete. We used the following exercises to develop general endurance in middle-aged children involved in sports tourism:

Table 1. Schedule of exercises and tests to control the level of endurance used in the training and research process:

№	Tests and exercises	Place and parameters of exercise	What develops	Periodic - test value	Notes
Tests					
1	Test "6 minute run" Bogdanov	School stadium / maximum run 6 minutes distance	- aerobic endurance - psychological stability - endurance	6 months	During the competition the athlete should not know how much time has passed time
2	12 minute test	School stadium / 12 minute max run distance	- aerobic endurance - psychological stability - endurance	6 months	During the competition the athlete should not know how much time has passed
3	Maximal oxygen consumption	Measurement of maximal oxygen consumption (maximal oxygen consumption)		6 months	AKSM formul According to the AKSM
Exercises					
4	Exercise - test "ladder"	School / for a while rise to the 4th floor	- aerobic endurance	1-2 months	used as an exercise
5	Test - exercises "3-2-1"	Sports hall No. 1, 2 and 3 Class 2 remote blocks	- special endurance - endurance	2 times a month	It is used as a physical exercise

6	Running through obstacles around the gym	Gym No. 2 60 m 5 hurdles	aerobic and special endurance	2-3 times a week times	used as an exercise
7	Exercise - test No. 1	gym No. 2 performing FUs in a row for a period of time	anaerobic endurance	2-3 times a week times	It is used as a physical exercise
8	Running on equipment	The school stadium / runs a certain distance rope equipment, from 3 to 12 km.	general and special endurance	Once a week from April until November	The weight of the equipment can reach 6-7 kg - Depending on the class distances
9	Running on the ground, running slowly uphill	The area of the forest park is 5-6 km.	anaerobic endurance	2-3 times a week times (period summer and autumn)	Orienteering competition with an increase (from 100 up to 300 m.)
10	Pull up a pole on which a foot rests on a gymnastic ladder	g/hall No. 2, a sleeper on the gymnastic stairs	strength endurance	2-3 times a week times	Works in 40 seconds 30 with a break

"The formation of social activity of boys and girls in sports tourism is primarily related to the organization of their intense spiritual life, creative knowledge work; secondly, to consciously participate in socially useful and effective work in order to choose the right social orientation and life path; thirdly, the participation of students of general education schools in socio-political activities, that is, in the end, active fulfillment of social responsibility. In addition, activity in one type of activity helps to master other types of activity. In the works dedicated to the study of the content and definition of the regulatory and legal bases of the organization of sports tourism activities for children, it was noted that "tourism is one of the most reasonable types of professional practical training and free time." The social direction of sports tourism health promotion is also of great importance for the state. Its social function is that, firstly, it attracts the most socially vulnerable sections of the population, because it is the cheapest and most convenient form of recreation and activity; secondly, it is a school of social adaptation of the population to stressful situations in the life of modern society; thirdly, it participates in solving a large number of practical issues, for example, in training young people for a profession related to military service. The importance of sports tourism activities in deepening knowledge of general education educational subjects, instilling work skills, discipline and moral-willed qualities in students has been revealed in many scientific and methodical sources. These resources are the result of the interaction between the personality of the student, the purposefully organized educational environment (educational institution, additional educational institution for children, including structural units of the school) and the development of the individual through sports tourism activities. confirms its development and upbringing. A school, association or club (pedagogical team and teacher activity, their didactic

and technological system, influence of certain family conditions and conditions outside the school) is a self-influencing environment.

Thus, the purpose of developing students' interest in sports tourism activities and educating their personalities is to help them in their all-round development and life education, to ensure a conscious choice of profession and determination. In this regard, the training of young tourists in the implementation of educational programs for providing additional education to children will help to form in students the need for continuous acquisition of knowledge and broadening of their worldview, and then at the end of each year It is planned to organize and hold a multi-day tourist excursion event - multi-day excursion trips, expeditions, marches, rallies, etc.

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