

FEATURES OF SPORTS TOURISM DEVELOPMENT

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Abstract: This article describes the possibilities and features of the development of sports tourism.

Keywords: Sports tourism, international tourism, tourist infrastructure, regulatory documents, security.

Introduction. A sports tourist is someone who prefers to combine active recreation and travel. He explores worlds not only through culture and history, but also through sports. Sports tourists prefer active forms of recreation, such as hiking, mountaineering, snowboarding, cycling, rafting and much more. They strive not only to spend time on vacation, but also to gain new experience, overcome themselves and achieve sporting results.

One of the main features of sports tourism is the presence of a sports base and the necessary conditions for sports in the chosen place. This could be a ski resort where you can snowboard or ski, or a mountain area with various trails for hiking or biking. Sports tourists can also choose outdoor recreation, where they can go kayaking or fishing.

For a sports tourist, it is important not only to get physical activity and entertainment, but also to get cultural acquaintance with the place where he is located. He is interested in history, architecture and traditions, so he often visits museums, attractions and takes part in excursions.

Sports tourism is a type of active recreation that combines sports activity and travel. Sports tourists prefer to spend their holidays doing various sports and exploring new places.

Features of sports tourism:

Variety of sports. Sports tourists can choose any sport that interests them, for example, alpine skiing, snowboarding, paragliding, rock climbing and much more.

Active pastime. Sports tourism involves constant activity and physical activity, which allows you to stay fit and improve your health.

Exploring new places. Sports tourists often visit various mountains, lakes, deserts and other natural sites to practice their sports, which allows them to see incredibly beautiful places and enjoy beautiful nature.

Possibility of social communication. Sports tourism is often carried out by groups of people, which provides an opportunity not only to play sports, but also to communicate with like-minded people, share experiences and impressions.

Advantages of sports tourism:

Strengthening physical health. Regular physical activity while playing sports helps strengthen muscles, improve cardiovascular health and increase endurance.

Obtaining new skills and abilities. By playing outdoor sports, you can learn new skills and gain experience that can be useful in your everyday life.

Developing self-discipline. Sports tourism requires certain self-organization skills, allows you to

develop self-discipline and the desire to achieve your goals.

Adventure and emotional satisfaction. Playing active sports while traveling creates a sense of adventure and joy from new experiences.

Creating strong friendships. Communication with like-minded people during sports travel helps to create strong friendships and form new acquaintances.

Health and active recreation

Sports tourism, which is a combination of active recreation and sports activities, has a positive impact on human health. During such a rest, the body experiences physical activity, which helps strengthen muscles, improve the cardiovascular system, improve metabolism and blood circulation. Active workouts help burn extra calories and promote weight loss.

The surrounding nature, clean air and moderate physical stress affect the general physical and mental state of a person. Nature has a positive effect on the psyche, reduces stress and helps you relax. Therefore, active recreation in the midst of picturesque landscapes is a great way to spend time and improve your health.

Sports tourism promotes the development of motor coordination, agility, flexibility and endurance. In practice, this means that during sports activities a person develops his abilities, and also gains confidence in his strengths and capabilities.

Another advantage of active recreation is the opportunity to enjoy the beauty of nature, enrich yourself with new emotions and impressions. The opportunity to travel, explore new places and participate in exciting adventures makes sports tourism especially attractive to outdoor enthusiasts.

Strengthens health. Physical activity increases the overall physical fitness of the body, improves the cardiovascular system and metabolism.

Positively affects the psyche. Outdoor recreation and exercise reduce stress and promote relaxation.

Develops physical abilities. Sports tourism develops coordination of movements, agility, flexibility and endurance.

Allows you to enjoy nature. Active recreation gives you the opportunity to enjoy the beauty of nature and be enriched with new emotions and impressions.

Fun and adrenaline

In sports tourism, special attention is paid to active recreation and the search for new adrenaline adventures. Such tourists are looking for opportunities for active physical activity, extreme sports, or simply want to test their strength. Below are some entertainment and outdoor activities that often attract sports tourists.

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