

THE PLACE OF SPORTS AND RECREATION TOURISM IN PHYSICAL ACTIVITY OF STUDENTS OF HIGHER EDUCATION INSTITUTIONS

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Abstracts

Topicality. The authors have considered the issue of use of sports and recreation tourism as means of increasing the physical activity of students. **Purpose and methods of Research.** The purpose of the study was to search for reserves of physical activity in the forms of sports and health tourism. The following research methods were used: analysis of scientific and methodological literature, questioning and generalization, theoretical forecasting. **Results of the Research.** We researched the works of modern researchers and scientists related to the study of sports and health tourism. The analysis of scientific and methodological literature has made it possible to find out that sports and health tourism is an effective means for physical development, the formation of functional reserves of the human body; it is accessible to people with different physical training and allows to improve many indicators of human health. We found out that sports and health tourism is indispensable in promoting healthy lifestyles. We revealed the forms of tourist activity that are popular with students: one-day trips and walks, easy hikes with overnight stay, excursions. Accordingly, we have proposed series of sports and health tourism events that may be introduced in extra-curricular work with students and thus partially solve the problem of lack of physical activity. **Conclusions.** Because of the questioning of students of the Pedagogical Faculty of the Rivne State Humanitarian University the authors revealed the primary interest and, accordingly, motivation for realization of one-day tourist trips to interesting local lore objects or for educational purposes. The obtained data testify in favor of the rather common and accessible form of tourist activity in the form of one-day campaigns that are used in the practice of educational institutions for decades and has not lost its relevance for modern students.

Key words: higher education institution, hikes, physical activity, tourist events, one-day trips.

Людмила Чалій, Вадим Кіндрат. Місце спортивно-оздоровчого туризму в системі фізичної активності студентів закладів вищої освіти. Актуальність. Розглянуто проблему використання спортивно-оздоровчого туризму як засобу підвищення рухової активності студентів. **Мета та методи дослідження.** Мета дослідження – пошук резервів фізичної активності у формах спортивно-оздоровчого туризму. Використано такі методи наукового дослідження, як аналіз науково-методичної літератури, опитування та узагальнення, теоретичне прогнозування. **Результати роботи.** Досліджено роботи сучасних дослідників і науковців, пов'язані з вивченням спортивно-оздоровчого туризму. Аналіз науково-методичної літератури дав підставу з'ясувати, що спортивно-оздоровчий туризм – ефективний засіб для фізичного розвитку, формування функціональних резервів людського організму; він доступний для людей із різною фізичною підготовкою та дає змогу покращити багато показників здоров'я людини. З'ясовано, що спортивно-оздоровчий туризм незамінний у пропаганді здорового способу життя. Виявлено форми туристської діяльності, що користуються популярністю в студентській молоді: одноденні подорожі та прогулянки, нескладні походи з ночівлею, екскурсії. Запропоновано низку заходів спортивно-оздоровчого туризму, що можливо запровадити в позааудиторну роботу зі студентами й, таким чином, частково розв'язати проблему недостатньої фізичної активності. **Висновки.** У результаті опитування студентів педагогічного факультету Рівненського державного гуманітарного університету виявлено першочерговий інтерес та, відповідно, мотивацію до здійснення одноденних туристичних подорожей до цікавих краєзнавчих об'єктів або з навчальною метою. Отримані дані свідчать на користь досить поширеної й доступної форми туристської діяльності у вигляді одноденних походів, що десятиліттями використовуються в практиці навчальних закладів і не втратили своєї актуальності для сучасних студентів.

Ключові слова: заклад вищої освіти, походи, рухова активність, туристські заходи, одноденні подорожі.

Людмила Чалій, Вадим Кіндрат. Место спортивно-оздоровительного туризма в системе физической активности студентов заведений высшего образования. Актуальность. Рассматривается проблема использования спортивно-оздоровительного туризма как средство повышения двигательной активности студентов. **Цель и методы исследования.** Целью исследования стал поиск резервов физической активности в формах спортивно-оздоровительного туризма. Используются такие методы исследования, как анализ научно-

методической литературы, опрос и обобщение, теоретическое прогнозирование. **Результаты работы.** Изучены работы современных исследователей и ученых, посвященные спортивно-оздоровительному туризму. Анализ научно-методической литературы позволил определить, что спортивно-оздоровительный туризм – эффективное средство для физического развития, формирования функциональных резервов человеческого организма, он доступен людям разной физической подготовки и дает возможность улучшить многие показатели здоровья человека. Определено, что спортивно-оздоровительный туризм незаменим в пропаганде здорового способа жизни. Выявлены формы туристской деятельности, популярные среди студенческой молодежи: однодневные путешествия и прогулки, несложные походы с ночевкой, экскурсии. Соответственно предлагается ряд мероприятий спортивно-оздоровительного туризма, которые возможно внедрить во внеаудиторную работу со студентами и, таким образом, частично разрешить проблему недостаточной физической активности. **Выводы.** В результате анкетирования студентов педагогического факультета Ривненского государственного гуманитарного университета определен первоначальный интерес, соответственно, мотивация к проведению однодневных туристических путешествий к интересным краеведческим объектам или с учебной целью. Полученные данные подтверждают пользу распространенных и доступных форм туристической деятельности в виде однодневных походов, которые десятилетиями используются в практике учебных заведений и не потеряли своей актуальности для современных студентов.

Ключевые слова: заведение высшего образования, походы, двигательная активность, туристические мероприятия, однодневные походы.

Introduction. Physical activity is considered by scientists and practitioners as a prerequisite for a healthy lifestyle and positive changes in physical qualities and abilities (G. Griban, E. Dobrovolsky, E. Zakharina, T. Krutsevich, G. Leshchenko, O. Kuts, S. Romanchuk, S. Sichov, A. Tsos and others). Physical education and mass sports are an important part of the process of full-fledged human development and his education, an effective means of preventing diseases, preparing for high-performing labor, protecting the Motherland, providing creative longevity, organizing meaningful leisure, and preventing anti-social activities.

Sports and wellness tourism is an effective means for physical development, the formation of functional reserves of the human body, as it is accessible to people with different physical training and allows improving the indicators of human health [6].

In practice, however, the full potential of sports and wellness tourism is not fully used in education institutions.

Different aspects of the organizational and methodological foundations of sports and wellness tourism have been reflected in the works of V. Ganopolsky, M. Rutynsky, M. Krachyl, I. Kotsan, G. Mykhailychenko, V. Fedorchenko, Y. Shchur, D. Dmytruk and others.

The significance of the research of various aspects of the disturbed problem is great and valuable, but the question of using the organizational forms that are most attractive for students of institutions of higher education has not become the subject of a separate pedagogical study. The urgency of using sports and wellness tourism in the system of physical activity has led us to find the most optimal forms and means.

The purpose of the research. The purpose of the research was to identify the reserves of physical activity in the forms of sports and wellness tourism.

To achieve the set of goals one needs to perform the following **tasks**:

- to work out psychological and pedagogical literary and informational sources;
- to identify the main forms of tourism activity with recreational potential for student youth;
- to develop an indicative annual plan of sports and wellness tourism for full-time students of Pedagogical Faculty at Rivne State University of Humanities.

Material and methods of research. The analysis of scientific and methodological literature allowed revealing directions and trends of research in the field of sports and wellness tourism. Questioning of 105 students of the first and second year of full-time studying at Faculty of Pedagogy in the Rivne State University of Humanities indicated the youth preferences and aspirations to certain forms of organizational forms of tourism. The obtained data proved the necessity of theoretical planning of a number of annual tourist events, the realization of which will become a significant part of the wellness and educational work in educational institutions.

Research results. Discussion. Today, the deterioration in the health of Ukrainian youth becomes apparent. Among the main reasons for this state of affairs is the decrease of motor activity in the educational process of educational institutions and in everyday life.

Dobrovolsky argues that the motor activity of students will be enhanced by integrating the forms of physical education in higher educational institutions on the basis of the unity and interconnection of training classes and independent physical education and recreation activities of student youth [1].

A. Konokh considers sports and wellness tourism as a specific type of tourist and sports activity, which combines the recreational function of tourism and elements of sports tourism, provided that the physical load does not exceed the potential human capabilities [2].

K. Mulyk points out that active tourism, which affects the muscular, cardiovascular, respiratory systems, joints and ligaments, is especially useful, and when all obstacles are overcome, all groups of muscles, without exception, are involved [3].

According to L. Tymoshenko, K. Labartkova, physical education of students in the Ukrainian high school is oriented towards the European model: more autonomy in the choice of forms and means, more emphasis on activities in the framework of sport tourism [5].

L. Tsyukalo's research showed that due to the use of elements of sports and wellness tourism in the process of physical education of students, so the body mass index improved, some indicators of blood pressure, the average heart rate, the rates of overall endurance of students, and the rates of pulse restoration improved [7].

In the context of our research, the results of the questionnaire on the motives of sports and wellness activities in tourism, conducted by K. Mulik and V. Mulik, are interesting. The authors found that with the age the priority of motivation with sports-wellness tourism is being changed – at the fourth year the motive of health support was the most important one, while at the first year it was the motive of the development of physical qualities [4].

V. Shafransky considered the pedagogical conditions for the formation of healthy lifestyles by means of sports and wellness tourism [8].

The received by various authors' data about sports and wellness tourism encouraged us to study the attitude of students to certain organizational forms that are inherent in sports and wellness tourism.

For the questioning we have selected students of different specialties studying at the I – II year of the Pedagogical Faculty in the Rivne State University of Humanities. They are: 27 persons - specialty "Secondary education (physical culture)"; 14 persons - specialty «Physical Culture and Sport»; 30 persons – «Preschool education»; 34 persons - «Primary education».

Speaking about the question of the expediency of organizing sports and wellness tourism activities for students of higher education institutions, we received a positive response from 80 % of the respondents (84 persons) and 20 % of respondents indicated that they did not need to do this.

Analysis of responses of students regarding the purpose of sports and health tourism, which they really like, allows us to state: 16 % of respondents pursue a sporting goal; 30.5 % would like to travel to local lore objects with cognitive purpose, 12.5 % of interviewed students have intentions of recreational purpose, 30.5% want educational purpose; 10.5 % of respondents are interested in a comprehensive goal. After asking about the time frame of the sports and wellness tourism activities, we received the following answers: 66 % of respondents were interested in short-term active leisure, 15 % of respondents chose 2–3 days long travel, about 13% of students expressed their desire to travel, and 6 % of respondents did not give an answer .

The distribution of answers about the priority of the forms of sports and wellness tourism was also interesting.

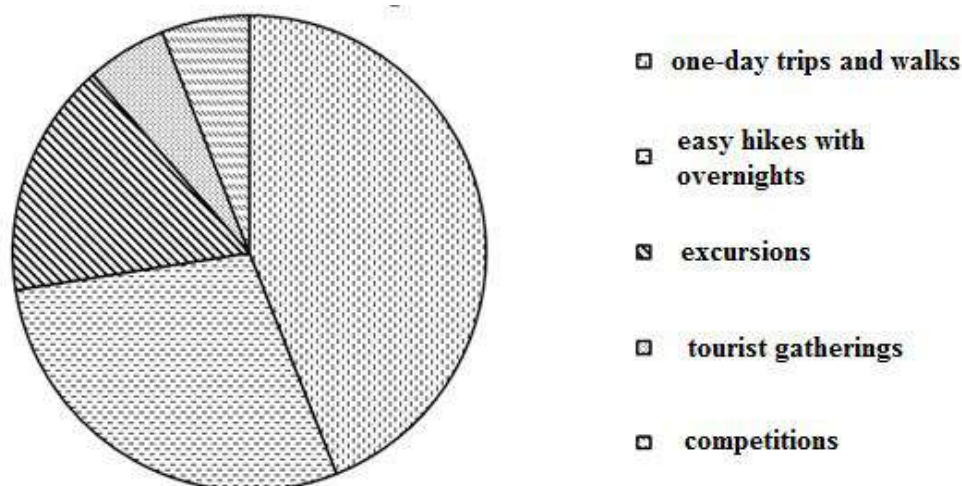
The biggest amount of fans have one-day trips and walks – 44 %; easy hikes with overnights get 28.5 %; excursions get 16%. The least attractive are tourist gatherings (5.50 %) and competitions (6 %). The distribution of the answers of the interviewed students is shown in the diagram in the picture 1.

The answers of the interviewed students allow us to state that most of all students want to travel in spring (46 %) and in summer (33 %); 19 % of students would go on a trip in autumn, and while in winter sports and wellness tourism is attractive only for 3 % of young people.

The results of the questioning of the students directed us to create an indicative plan of events that will be proposed for non-auditing sports-mass work on tourism at the faculty. Such events will be confined to certain social dates and events; will have a wellness, educational and cognitive character.

So, for the first half of the academic year, we suggest organizing the following events: a one-day trip to an interesting local lore object in late September, due to the International Day of Tourism (September 27th);

in October, it is possible to take a walk to the suburban recreational zone with ecological intentions (cleaning the territory) or landscaping; in November we should organize a trip devoted to the memory of the victims of the Holodomor in 1932–1933 and to join the all-Ukrainian action "A Candle of Memory"; in December it would be advisable to organize a one-day trip along the route offered by the students themselves. In the second half of the school year, the following will be relevant: educational hikes with simple technical tasks (February-March), or the addition of volunteers to patriotic campaigns that are traditionally held in Rivne region since March 14th was announced in 2017 as the Day of the Ukrainian Volunteer ; the Earth Day that is celebrated in April will be suitable to organize a trip to study the ecological situation of a certain part of the region; In May students can be proposed to organize a trip with overnights to sightseeing destinations, using a route initiated and offered by students, for example, to the Tunnel of Love, the Tarakaniv Fort, to the monuments of nature, etc.



Picture 1. The distributions of the answers of the interviewed students about the priority of the forms of sports and wellness tourism

Conclusions and perspectives of further research. The study of the possibility of using various forms of sport and wellness tourism as a means of physical activity of students in extra-curricular time revealed some key positions: positive attitude towards sports and wellness tourism; the desire to get new impressions and knowledge from traveling; interest in short-term active rest, preferably in spring and summer. Taking into account the results of student surveys, we proposed an annual plan of sports and wellness tourism activities, which will allow diversifying the system of physical activity by introducing one-day trips.

In the future, we plan to explore the possibility of increasing the proportion of sports and wellness tourism in the total amount of motor activity through participation in tourist events offered at the regional and city levels.

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