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PHYSICAL EDUCATION OF UNIVERSITY STUDENTS USING MOUNTAIN HIKING TRIPS

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ABSTRACT: - The article considers the improvement of the composition of tools used in the process of physical education of students. In particular, in order to increase the interest of students in physical education, it is proposed to include the most popular physical exercises and sports groups in the traditionally used tools. Also, tourism has been known for a long time and has not lost its emotionality, attractiveness and financial possibilities for students as an effective means of physical education, and its use allows to increase motor activity and improve functional status.

KEYWORDS: Students, physical education, physical exercise, sports group, tourism, hiking, mountain, activity.

INTRODUCTION

Tourism, as a long-known and effective means of physical culture, has not lost its emotionality, attractiveness and financial availability for students, and its use allows increasing the amount of physical activity and improving the functional state.

The steady downward trend in the health of students, one of the reasons for which is the lack of physical activity of young people, attracts the attention of specialists in physical culture and sports, seeking to solve the problem of physical inactivity.

One of the promising ways to solve this problem, experts consider the improvement of the composition of the means used in the process of physical education of students. In particular, in order to increase students' interest in physical culture, it is proposed to include the most popular groups of physical exercises and sports among the most popular among student youth in the composition of traditionally used means.

ANALYSIS OF LITERATURE ON THE SUBJECT

The popularity of tourism among various age and social groups of the population, including students, has led to the interest of a wide range of specialists in it. In their research, they considered: theoretical, methodological and biological foundations of health tourism (V.N. Sergeev, 1987; A.I. Appenyansky, 1990; V.N. Seluyanov, A.A. Fedyakin, 2000; A.A. Fedyakin , 2001); maintenance and organization of hiking trips in the mountains for the purpose of recovery (V.I. Radchenko, 2000); changes in individual indicators of the functional state of the body during a hiking trip (A.N. Burovykh, 1990); recreational efficiency of tourism (V.I. Ganopolsky, 1990); pedagogical factors for increasing the cultural value of tourism (S.S. Novikova, 1994); organizational and pedagogical features of school tourism (N.V. Masyagina, 2003); tourism as one of the means of student recreation (Yu.I. Evseev, 1988; LG Rubis, 1995); the influence of sports and health tourism on the morphofunctional and psychophysiological indicators of the body of students (O.L. Zhigarev, 2002); a complex of means of sports and health tourism in the physical education of students (T.Yu. Tarasenya, 2008; Yu.A. Vasilkovskaya, 2009).

On the basis of this information, it was assumed that the determination of the features of changes in the indicators of physical fitness and the functional state of the cardiovascular, respiratory, neuromuscular and central nervous systems of the students' body at different stages of passing the distance of the route will allow us to identify the specifics of the impact of hiking trips with different load parameters.

In turn, knowledge of this specificity will allow differentiating walking routes according to load indicators, compiling an algorithm for increasing developmental and training influences and developing a methodology for combining hiking trips, which allows, based on their appropriate combination, to increase the volume of physical activity, the level of physical fitness and improve the functional state of students.

At the same time, a number of questions remain open, which does not allow to fully realize the potential of tourism in the process of physical education of students.

The foregoing indicates the existence of a contradiction between the objective need to use tourism to improve the efficiency of solving the problems of physical education of students and the lack of an appropriate methodology.

Hence, the relevance of the problem of developing a methodology for combining tourist hiking routes with different load indicators becomes obvious, which allows increasing the volume of physical activity of students, as well as designing the result of the impact of hiking on their physical fitness and functional state.

ANALYSIS AND DISCUSSION OF RESULTS

The educational process in educational institutions in modern conditions is associated with a continuously increasing information flow, with significant psychophysical stress. These circumstances place high demands on the state of health and physical fitness of students, which become the most important condition for ensuring the comprehensive and harmonious development of student youth [1, 2, 5]. In this regard, regular physical exercises after intensive mental work are for students one of the most effective means of switching nervous activity, creating prerequisites for improving their performance and improving their health.

At the same time, due to a certain crisis of physical education in higher education, which occurred during the period of socio-economic transformations in our country, the need to develop new, highly effective methods and technologies, new forms of organization of the educational process of physical education of students of secondary special and higher educational institutions is very actual [9, 13]. In addition, experts note that over the past decade, the physical activity of students still remains at a level far from the minimum hygienic standard, against the background of a steady decline in the health of young people [3, 4, 10].

The solution of these issues lies in the plane of both the development of new forms of organization of the educational process, and the expansion of the arsenal of specific and especially non-specific means. In this regard, of particular importance is such an aspect of physical education as increasing a person's resistance to professional stress and extreme factors, which consists in expanding the range of physiological reserves of the body. It can be provided by hardening the body, general and targeted physical training, special training to adverse factors [12]. At the same time, the rational use of certain climatic and natural conditions, the “natural ergogenic environment” [7, 11], can be of particular importance, which can help increase the physical and mental performance of a person, as well as accelerate the course of recovery processes in the body after mastering increased loads of a different nature [13]. Full and purposeful use of favorable environmental conditions in combination with traditional specific and non-specific means of physical culture can be the most important factor in optimizing and increasing the efficiency of the process of physical education of students [6].

The results of preliminary studies conducted over the past four years (2018–2022) in the city of Chirchik to identify the features of the impact of hiking trips and paths of health paths different in terms of external load on the indicators of functional and physical fitness of students allowed, taking into account the influence of factors of the natural ergogenic environment to design the structure and formulate the content of the technology of their differentiation, including the target, content, activity and control-evaluation models, the consistent implementation of which will increase the effectiveness of physical education in a humanitarian university.

The target module of the developed technology is vectorially focused on the implementation of the goal formulated by the exemplary program of the discipline "Physical Culture" for universities - "the formation of the physical culture of the individual and the ability to use various means of physical culture, sports and tourism for the preservation and promotion of health, psychophysical training and self-training for future professional activity” [8]. In the context of this target setting, the developed

technology for differentiating hiking and trails of health paths in the process of physical education of students of a humanitarian university based on taking into account the factors of the natural ergogenic environment is focused on solving the key task contained in the exemplary physical culture program [8] related to "providing general physical and functional preparedness of young men and women, which determine their psychophysical readiness for effective training at the university".

In accordance with the stated target parameters and the tasks set for the physical education of students, the content component of the developed technology is a combination of flat and mountain-flat variants of hiking trips and trails of health paths with different indicators of external load and a length of 2500 meters to 11 kilometers with a different angle of elevation (from 5 .5 to 21.3°) to a height of 500–520 meters, as well as their various combinations.

As part of the use of health path paths as an extracurricular form of physical education of students to improve the process of their functional and physical fitness, as well as for a more complete implementation of the factors of the natural ergogenic environment in the framework of the implementation of the health-improving orientation of physical education, we have developed additional options for trail paths of the intermediate 7-mi, 8, 9, and 10 km long, the training effect of the use of which is intermediate between the distances used in the main pedagogical experiment with a length of 2500 meters and 11 kilometers. These intermediate distances also had various modifications: flat and mountain-flat. The use of additional distances as extracurricular forms of physical education makes it possible to fully implement the principle of a gradual increase in developmental and training influences (in this version, walking trips) with their regular use in the process of physical education of students of a humanitarian university.

Structural components and content of the technology of differentiation of hiking trips and terrain course trails in the process of physical education of students of a humanitarian university based on the consideration of factors of the natural ergogenic environment

To implement this principle in the implementation of physical education of students with weekly walking tours on weekends, it is advisable to use the presented rank scale (table), which allows you to develop and implement various technological variations of hiking trips and trails of the health path in accordance with the tasks set for specific groups of students and over specific time periods.

The content module also includes a list of well-known tourist hiking routes and paths in Pyatigorsk, a description of their spatial landmarks, as well as a description of the terrain features along which these route options pass.

The main content of the activity module of the developed technology is the mechanisms that allow, based on the available data on the specifics of the influence of different options for hiking and trails of the health path, as well as factors of the natural ergogenic environment on the indicators of the functional and physical fitness of students, to compile such variations of their differentiated use in the form of a program of routes that will provide the planned training effect.

In accordance with this, the developed technology provides for the analysis and evaluation of the training effects of various route options, which makes it possible, using the developed rank scale, to differentiate all

flat and mountain-flat varieties of hiking trips and trails of health paths according to external load indicators, and subsequently to draw up a methodically sound and pedagogically expedient algorithm increasing its value and, ultimately, to design a mechanism for their combination in the form of a program for a certain period and for a contingent of students, taking into account their specific level of physical and functional fitness. Based on the educational and methodological requirements that apply to the planning of tasks for physical education of a health-improving orientation, used to systematically increase the level of physical performance and general endurance of students, it is necessary to develop such a consistent combination of health path trails that would provide a smooth increase in the first stage of the program algorithm. the length of the route, and then, as the path shortens, it would increase the intensity of the route, which can be achieved by increasing the angle of ascent, followed by an increase in the speed of the path participants passing the path.

Designed in our study, taking into account the indicated points, the program of health path routes at first provided for a smooth increase in the length of the distance covered in the aerobic mode, for which, from the standpoint of expediency, flat routes 7 km long were initially used, then the distance gradually increased to 11 km. Depending on the level of functional and physical fitness of students, either a separate option for combining various flat variants of trails with variations associated with an increase in the distance traveled or an increase in the speed of the path can be initially selected, or the entire arsenal of route options that should be implemented in following sequence:

- the first option (linear) - 7; 7.5; eight; 8.5; nine; 9.5; 10; 10.5; 11 km;
- the second option (stepped) - 7; 7; eight; eight; nine; nine; 10; 10; 11 km;
- the third option (zigzag) - 7; eight; nine; eight; nine; 10; nine; 10; 11 km.

To further increase the intensity of the external load, you should first use the entire arsenal of mountain-flat variations with an ascent in the first half of the distance, while planning trips should ensure, on the one hand, a reduction in the distance covered from 11 to 7 kilometers, and on the other, a gradual increase in the intensity of movement by increasing the angle of ascent to the standard altitude for these routes.

The final stage of the mechanism for increasing the intensity of the external load of the terrenkur tracks will be a further increase in the angle of ascent through the use of tracks with ascent to a standard height during the first quarter of the distance.

The appearance of intermediate variants of tracks (7.5; 8.5 km, etc.) is not accidental - in our opinion, with an increase in the speed of overcoming the distance, students with a low level of functional and physical fitness should change the length of the track in a more gentle mode, introducing additional intermediate route variations. It should be noted that in this case, one should also be guided by the previously described methodologically justified expediency of the sequence of passing routes that differ in the angle of ascent and the distance of ascent to a standard height.

The control-evaluation module, by its functioning, ensures the receipt and evaluation of objective information about the management of the process of physical education of students, and also ensures the quality of control over changes in the indicators of functional and physical fitness of students based on the results of passing various options for walking routes.

In the field of physical education and sports, the management of the training process is carried out based on the analysis of data that gives an idea of the level of a particular or all types of preparedness (physical, technical, psychological, etc.), as well as on the basis of taking into account the parameters of the functional state of those involved. In relation to this study, the control and evaluation mechanism should be focused on information and analytical support for the process of managing the implementation of program variations of walking routes and trails of the health path in order to increase the effectiveness of physical education of students of a humanitarian university.

In the context of the above, the content of the control-evaluation module of the developed technology is a set of tools and procedures that allow obtaining reliable and detailed information about the operational, current and stable fluctuations in the indicators of functional and physical fitness of students as a result of the implementation of the program of combining hiking and hiking within the framework of the university physical education program. trails terrenkur.

To conduct control and evaluation procedures in the course of the study, a system of complex pedagogical control was developed, which, in addition to a set of standard test tasks, includes a set of proportional assessment scales for converting the absolute values of the development indicators of various motor qualities into conventional units (points), which allow:

- evaluate the achievements of students in individual control test tasks (in points);
- to establish an individual level of development of a particular physical quality for a test participant (low, medium, high);
- to determine the integral indicator of the individual level of physical fitness of each tested student (low, medium, high).

The mechanism for determining the individual level of physical fitness of each of the students provides for the sequential passage of a number of procedures using the system of proportional assessment scales developed for their implementation:

1. Registration of indicators of a number of parameters of development and manifestation of various physical qualities using standard test tasks.

2. Translation of an individual development indicator of each of the assessed physical qualities into conventional units (points).

3. Determination of an individual total indicator (in points) for the entire set of studied physical qualities.

4. Determination of the individual level of physical fitness according to the absolute integral indicator. In the case of using a smaller number of indicators to assess the level of physical fitness, you can use the definition of the level by the relative value of points.

CONCLUSIONS

To assess operational changes in the level of functional and physical fitness, it is advisable to measure the following indicators in students participating in the route, at the start of the distance, in the middle of the flat or at the highest point of the mountain-flat version of the path, and also after the finish: heart rate, systolic and diastolic blood pressure, respiratory rate, tapping test, flexion and extension of the arms in the lying position. To assess the current changes in functional and physical fitness indicators, it is proposed to use a similar set of diagnostic procedures and test tasks. As part of the staged control, it is advisable to use the entire arsenal of

indicators of physical fitness and functional indicators of the cardiovascular and respiratory systems of students used in the study.

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