



# The Peerian Journal

Open Access | Peer Reviewed

Volume 25, December, 2023.

ISSN (E): 2788-0303

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

## Tourism Students in the Physical Quality To Determine the Effect

**Usmonov Feruz Farhod ugli**

Bukhara State Pedagogical Institute Faculty of Physical Culture theory and methodology of  
Physical Culture  
[usmonovferuz52@gmail.com](mailto:usmonovferuz52@gmail.com)

**Annotation:** The joint efforts of the coach and the athlete make it possible to effectively control the training process, achieve the highest sports results. In the present day highly qualified tourists often due to objective conditions are preparing independently. The preparation of a tourism campaign for the management of the sports complex sessions must know.

**Keywords:** Tourism, physical quality, muscle-sklet, mountaineering, sports the form of technical preparation.

The cultivation of a healthy generation in the country and living in the country in ensuring the health of 3 important events that are carried out of hope "germination", "generation" and "student" unversiadasi. As it is known from ancient times, travel (travel) at a higher level not only to rest, but not from the empty efficient use of time, the team is to provide the comprehensive development strengthening health of the person.

The social and cultural life of the population in a very large walk the educational importance of the beauty of nature gushalariga to go for a walk, go for a beautiful place to walk from the mountains production, the students enjoyed to learn the secrets of historical and cultural monuments – east, despite only gives the remaining improve health, physical maturation, development, and enrich the spiritual world, serving both to the expansion of world views. The diverse landscape travel, mountain air and the practical action of the respiratory, digestive and cardiovascular reap the food will improve the performance of the members. Lessons from the age of the reader to do this of course in addition to leisure travel organization and training of their maturity through the transfer of mass of the test of physical and spiritual experience in the form of the present study is one of important and pressing problems.

Therefore, mass tourism organization and implementation in schools to develop ways of travel is required.

Nature, aesthetic and travel students be in a relationship with readers to enjoy the content to be with each other in kindness, friendship, brotherhood in difficult conditions to help each other, support each other and nurture qualities such as.

Many experts and technical training necessary to ensure a close relationship between the physical order of the athletes paid attention to. Many studies have been devoted to this problem. In the selection of educational tools "konyugat effects principle" in order to comply with necessary are emphasized. The development of the physical qualities most necessary to comply with these



# The Peerian Journal

Open Access | Peer Reviewed

Volume 25, December, 2023.

ISSN (E): 2788-0303

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

principles involves the use of physical exercise on this structure provides competitive exercise with the selection of actions to close.

Yu. V. Verxoshanskiy high-speed power training in the organization of "dynamic compliance" should adhere to the principle of, it was noted that this strength workout is specialized in processing mode, respectively, to exercise the means of the apparatus of tools are selected.

Physical preparation that was associated with the age of the study based on the success of their training, gymnastics, Ukrana m. l., m. a. shlem, and exercise to increase the efficiency of the educational process, which is manifested in the development of the studied physical qualities came to the conclusion that it is necessary.

V. m. Dyachkov in the middle of the preparations of the athletes of the body always physical and technical anatomical and biological properties, as well as the tools, skills and physical qualities, which is the basis for the development of a mechanism to control the movements of the means because of the generality of mutual, it was noted that there is correlation. V. n. Seluyanovning opinion, the technical preparations – competitive activity of complex motor programs.

Technical training in motor sports korteksida half of the brain associated with the formation of the essence of the program, in other words, between certain motor neurons, as a rule, the thorns, dendrit-dentritik associated with the creation of relations in the form of physical contact. M. g. Babenko, V. V. vav may be Drogov i. a., s. i., Bershov, these relations firm (long-term) or weak (temporary) can be. Almost Kuchaytirmasdan the loss of any such communication, in other words, are forgotten. Therefore relations - media programs – should be supported. However, with the right tools in the program, the program also often set wrong. Therefore, the conditions of the competition may participate in the actions of a sudden the wrong tools. Wrong memory management program to remove from the day-to-day actions to learning or need improvement. In such a case, the motor program is the mind of right and wrong (seem to remember). Correct the program to review the implementation of the technical preparations studied motor requires no more than one or two times per week. Thus, the technical preparations- this korteksida half a brain, respectively, which provide the position of the executive apparatus and the external conditions of their fulfillment the availability of a package of software tools.

Muscle-skeletal system-the central nervous system of the apparatus of the executive management group. The motor program motor neurons in the motor zone korteksining half a brain in the form of series of activities carried out. Each active motor units of the muscle, which is associated with a certain neuron that means've the pool in the spinal cord motor neuron activates. Activities strictly the prescribed amount of motor unit motor neuron pool (muscle fibers) should be strictly defined to attract, that is, strictly prescribed a foreign power (the power of manifestation would be create.

Gujalovski a. a., d. d. Donskiy, h. a., and the great soviet art, elephant aids executive v. p. – muscle fatigue due to the long-term also means the fulfillment of the movements of training with either growth or decline in the process of its properties changes (changes). The ability of the muscle power.



# The Peerian Journal

Open Access | Peer Reviewed

Volume 25, December, 2023.

ISSN (E): 2788-0303

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

Therefore, improving hardware tools should be combined with technical training and sports physical form need to achieve coordination with the technical preparation of preparation, that is. a balance between the level of physical preparation and the application of available tools to follow. The loss of form sports, for example, the decline of muscle aerobic inevitable because that will lead to a technical error on the basis of the acidic muscles, the central nervous system (CNS) control command cannot respond enough. Jeleznyak Yu. D. physical and technical preparation of the mutual dependence, in the first place, a certain technical that is achieved through the development of technics that are necessary to complete the physical; and secondly, the physical ability of the technique within the structure; third, special physical ability than the individual techniques into it, I repeated the competitive intensity with high intensity repeat them in the process. Mountaineering and mountain tourism in natural conditions in the physical and technical preparation of media, local mutual dependence, as shown, thus, foreign experts. In the context of tourism and mountaineering in the base of our training sessions this was carried out ten times their number reduced. A. e. Piratinskiy mountain climber is designed to prepare the environment created on the basis of the technique of artificial stone in preparing the review. In the meantime, it should be noted that, in the distance on foot sports tourism does not reflect on the problems of the interdependence of physical and technical preparation. Just some work in the artificial environment created on the basis of technical preparation of physical and mountain tourism in mountain issues are considered.

## Conclusion

Tourism, sport and apply them to deal with general and special exercises as cyclical durability is required. Tourism special tools or skills associated with the formation of the qualities and the difficulty of human life that is associated at this level previously associated with the occurrence of unexpected situations. Out from such a situation Will be associated with noticeable manifestation of power and muscle tension for a long time. Therefore, the campaign, especially in 4 and 5 categories of difficulty in artificial conditions to participate in a special training which allows you to make a similar action in need.

To prepare the organization of educational process in tourism tourism campaign designed as an integral part of the creation of conditions associated with the expected exact model. In addition, the training tools and content to reach the highest figure achieved between the level of the sport and then walking slowly to keep for himself which will last for 5-6 days of growth should ensure the load. In addition, the flexibility of the body due to fatigue or because sports uniforms had crossed the border to cover the temporary loss of the natural process of the load should be reduced gradually. Therefore, in planning the route of the load, you need to exclude one complex natural obstacles in his last three, their action is associated with the maximum pass.

## References

1. Egamov V., Ta'limda tog' turizmi, O'quv qo'llanma. T., Ilm ziyo 2009 2. Davronov E.Y. Turizm. O'quv dasturi. 2005. 2007.
2. Воронов, Ю.С. Технология тестирования и оценки уровня развития интеллектуальных способностей студентов вузов, специализирующихся в спортивно-



# The Peerian Journal

Open Access | Peer Reviewed

**Volume 25, December, 2023.**

**ISSN (E): 2788-0303**

**Website:** [www.peerianjournal.com](http://www.peerianjournal.com)

**Email:** [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

- оздоровительном туризме / Ю.С. Воронов, Д.В. Губа // Спортивный психолог. – 2018. – № 3 (50). – С. 66-69.
3. Ганопольский, В.И. Туризм и спортивное ориентирование / В.И.Ганопольский. – М.: ФиС, 1987. – 240 с.