

ACTIVE TOURISM AS A COMPONENT OF PHYSICAL EDUCATION SYSTEM OF STUDENT YOUTH

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The analysis of special sources showed that in Ukraine traditionally popular and developed is sports and health tourism as a type of leisure and competitive activity of different population groups. Powerful tourism and recreational resources of the Carpathian region make the research on sports and recreational tourism introduction into student youth physical education system extremely relevant. *The purpose* of our research was to study the effectiveness of active tourism means using in the physical education of young people of the Carpathian region. *Materials and methods.* Analysis of scientific data and Internet sources, as well as statistical reports of the 5-FC Department of Physical Culture and Sports, Ukrainian State Center for National Patriotic Education, Regional Studies and Tourism of Student Youth as at 2019; sociological methods (questionnaire); statistics. *Results.* It is found that there are 551 sports tourism clubs in the Carpathian region, with 8439 students involved. The most popular sports tourism kinds among student youth are backpacking (3791 students involved), orienteering (1110 students involved), junior local tourists (1054 students involved) and safety school (junior savior) (1001 students involved). *Conclusions.* On the base of research we conclude that in the Carpathian region (in the territory of Ivano-Frankivsk, Transcarpathian, Chernivtsi and Lviv regions) the proper conditions are created for involving student youth in systematic training of various active tourism kinds, in particular, with the support of student youth regional state centers of tourism.

Keywords: sports and health tourism, student youth, physical education system.

Випасняк І., Іванишин І., Луцький В., Процишин Н. Активний туризм як складова системи фізичного виховання учнівської молоді

Анотація. Аналіз спеціальних джерел показав, що в Україні традиційно популярним і розвиненим є активний туризм як вид дозвілля та змагальної діяльності серед різних верств населення. Значні туристичні та рекреаційні ресурси Карпатського регіону роблять досить актуальними дослідження щодо впровадження засобів туризму в систему фізичного виховання учнівської молоді. *Мета дослідження* – вивчити ефективність використання засобів активного туризму у системі фізичного виховання учнівської молоді Карпатського регіону. *Матеріали і методи.* Аналіз та узагальнення даних науково-методичної літератури й джерел мережі Інтернет, а також статистичних звітів 5-ФК управління фізичної культури і спорту, звіту роботи Українського державного центру національно-патріотичного виховання, краєзнавства і туризму учнівської молоді (УДЦНПВКТУМ) за 2019 рік проводили з метою визначення проблемних питань із впровадження та використання засобів активного туризму у процесі фізичного виховання учнівської молоді; соціологічні методи (опитування за розробленим авторським опитувальником «Мої захоплення в туризмі»); статистичні методи. *Результати.* Встановлено, що в Карпатському регіоні існує 551 гурток з видів активного туризму, до яких залучено 8439 учнів закладів загальної середньої освіти. Найбільш масовими видами спортивного туризму серед учнівської молоді є пішохідний туризм, з якого функціонують 242 (35,1 %) гуртки, юних туристів-краєзнавців – 134 гуртки (19,4 %) та Школа безпеки (юні рятувальники), яких налічувалося 114 гуртків (16,5 %). *Висновки.* Проведене дослідження дозволило зробити висновок, що в на території Львівської, Івано-Франківської, Закарпатської і Чернівецької областей на базі обласних державних центрів туризму і краєзнавства учнівської молоді створені належні умови для залучення учнівської молоді до занять різними видами активного туризму.

Ключові слова: активний туризм, система фізичного виховання, учні закладів загальної середньої освіти.

Introduction

Nowadays active tourism in our country develops as an integral part of the educational industry and aims at health promoting, development of physical, moral, volitional and intellectual person's abilities by involving him in various complications and competitions in sports tourism technique, their own leisure activities organization. At the same time, active tourism is an integral part of domestic tourism industry, which promotes the development and distribution of active recreation forms, and therefore has recreational, educational, economic and other functions. Developing within sports and active leisure in the natural environment, active tourism promotes the domestic tourism development through relatively cheap and at the same time effective activity promotion, which in low material income conditions of the country's population

majority has social and priority importance for relevant state, public and commercial organizations [1; 2; 5].

Today in Ukraine there is a considerable decrease in the involvement level of different categories of people in the systematic involvement in different motor activity types, which is due to a great lack of healthy lifestyle promotion in the media, ineffective economic encouragement levers to physical activity engaging and recreation forms decrease in educational and recreational institutions [9; 10].

As a consequence, there is the problem of children morbidity level increasing, hypokinesia dissemination among student contingent and their overall physical health decrease [7]. The solution to this problem can be introduction of active tourism means in the practice of education system of students [2; 10].

Significant tourist and recreational resources in our state, and in particular the Carpathian region, make researches on active tourism implementation in student youth physical education significantly relevant [2; 9].

A number of domestic researchers [2; 5; 10] distinguished tourism as a separate motor activity type that promotes health, human capability restoration, recreation, communication, social networking organization etc.

For students themselves, active tourism is not only an opportunity to see new places, to show themselves and establish themselves in the team, to acquire new useful skills in their own leisure activities organizing, but also an interesting adventure, an unusual event that differs from everyday life [1].

The purpose of our study was to study the effectiveness of active tourism means use in student youth physical education.

Materials and methods of research

The analysis and synthesis of scientific and methodological literature and Internet sources data were carried out with the purpose to establish priority work directions, problematic issues identification in the

implementation and use of active tourism means in the process of student youth physical education [4].

Sociological research methods (interview) were conducted to study the attitude of students to the introduction of different tourism kinds in the school curriculum. The questionnaire was conducted on the basis of Ivano-Frankivsk Regional State Center of Tourism and Local Studies of Student Youth. 128 students (82 boys and 46 girls) were interviewed. Summary statistic was used to processing report results.

Results of the research

Based on 5-PC reports of the Department of Physical Culture and Sports, it is established that on January 1, 2020, in Ivano-Frankivsk region, adequate conditions are being created for engaging student youth in systematic classes of various active tourism types, in particular, facilitates the activity of the student youth regional state center of tourism and local history (SYRSCTLH), with its 242 functioning tourist-sports profile, attended by 3760 pupils. In total, there are 545 clubs in the Ivano-Frankivsk region, with 8689 pupils involved, 303 of them are in secondary schools with 4929 students engaged [7; 14] (Table 1).

Table 1 – Involvement of Student Youth In Sports And Health Tourism In The Carpathian Region (2019) [7; 13–16]

Title of clubs	Ivano-Frankivsk region		Lviv region		Transcarpathian region		Chernivtsi region	
	number of clubs	number of pupils	number of clubs	number of pupils	number of clubs	number of pupils	number of clubs	number of pupils
Junior local tourists	81	1156	-	-	37	596	16	293
Sport tourism:								
Backpacking (wilderness)	107	1813	68	960	33	365	34	615
Ski tourism	8	149	-	-	-	-	1	10
Nautical tourism	2	36	2	22	-	-	6	120
Hillwalking	1	12	1	12	-	-	-	-
Bicycle touring	6	100	20	269	1	20	8	147
Caving	-	-	1	10	3	45	-	-
Sports tourism	16	262	25	344	4	70	8	118
Orienteering	8	115	13	174	11	184	27	501
Hiking	-	-	13	171	-	-	1	23
Junior savior school	83	1126	5	54	26	327	-	-
Junior tourists	11	147	-	-	-	-	2	55
Totals	323	4916	148	2016	115	1607	103	1882

As for the Chernivtsi region, there are also appropriate conditions for involving schoolchildren in the systematic activities of various active tourism kinds. The municipal institution “Chernivtsi Regional Center of Tourism, Regional Studies and Excursions of Student Youth” (MI CRCT ESY) makes an extremely important contribution to physical education system development.

There are 87 tourist-sports clubs with 1589 pupils (see Table 1). Generally, in this region there are 181 clubs with 3190 pupils involved, 94 of them in secondary education institutions with 1601 pupils engaged [7; 16].

The analysis of student youth involvement state in systematic activities of various active tourism types in Lviv region allow to make the conclusion about the

proper conditions for this type of activity. The municipal institution of Lviv Regional Council «Lviv Regional Center of Local Studies, Excursions and Tourism of Student Youth» (MI LRC LRCLSETSY) also makes a significant contribution to the development of active tourism in the region and area as a whole. There are 148 tourist-sports clubs with 2016 pupils engaged (see Table 1). In total, in Lviv region there are 590 clubs with 7870 pupils involved, 442 of which are in secondary schools with 5854 students engaged [7; 15].

In Transcarpathian region, active tourism is also given a significant role. In particular, mostly provided by Transcarpathian Center of Tourism, Local History, Excursions and Sports of Student Youth (TCTLSESSY), which

includes 78 tourist-sports groups with 1010 pupils involved (see Table 1). In general, in Transcarpathia there are 185 circles of this direction, with 2833 pupils involved, 107 of them in secondary education institutions with 1823 pupils involved [7; 13].

More than 3,5 thousand pupils have fulfilled youth standards for various active tourism types, that indicates effective and coordinated work of teaching staff. Backpacking (3753 students involved), tourist and local study (2045 students involved) and safety school (junior savior) (1507 students involved) were the most popular kinds of sports tourism among student youth in the Carpathian region in 2019 [13–16] (Fig. 1).

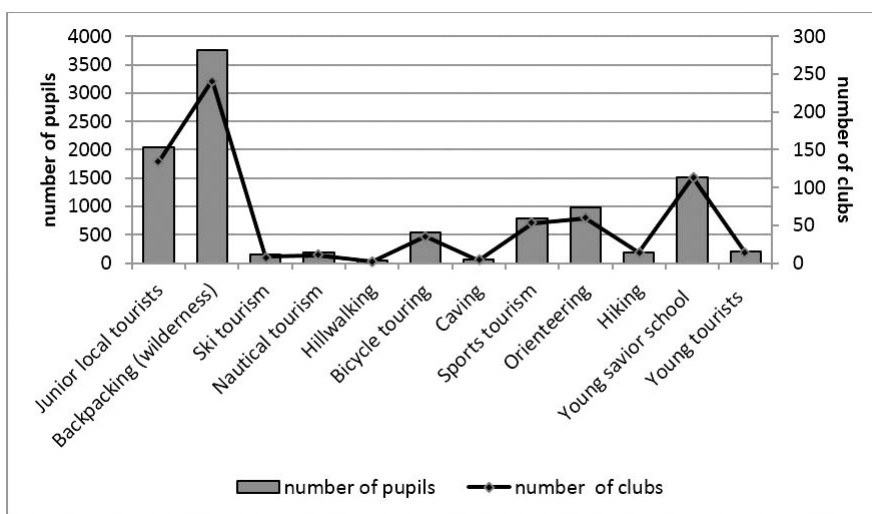


Fig. 1 Tourism group work state in educational institutions of the Carpathian region (as at 01.01.2019)

Next three positions were orienteering (974 students involved), sport tourism (794 students involved) and bicycling touring (536 students involved).

We were wondering if these data correlate with students' expectations.

Having conducted questionnaire we got the following results (Table 2). The obtained data show that 100% of respondents expressed a desire to participate in sports and recreational walkings.

According to the poll, extreme tourism (diving, parachuting, freestyle, snowboarding) is a significant advantage for younger generation. In our opinion, this is due to media influence (a large number of videos, TV and movies, where the main characters are engaged in extreme, elite types of tourism).

Mountain tourism, motor tourism, balloon trips, hang gliding take second place in popularity. Mountain tourism occupies high position in the rank due to emotional perception of mountain landscapes, balloon travel, hang gliding under media influence, motor tourism as a result of mass modern society «motorization».

Table 2 – Pupils' priorities for particular kinds of an active tourism (n = 128)

No	Kind of sport tourism	Number of pupils	%
1	Backpacking (wilderness)	49	38,3
2	Hillwalking	52	40,6
3	Bicycle touring	39	30,5
4	Motor tourism	59	46,1
5	Nautical tourism	36	28,1
6	Ski tourism	27	21,1
7	Caving	19	14,8
8	Motorcycle tourism	33	25,8
9	Junior savior school	23	18,0
10	Trail riding	50	39,1
11	Orienteering	31	24,2
12	Climbing	26	20,3
13	Hiking	14	10,9
14	Extreme tourism	69	53,9
15	Aerochute flight, hot air balloon flight	55	43,0

Third place belongs to hiking, cycling and trial riding tourism. The high ranking place is due to the fact that most people have more or less clear understanding of these tourism types [6]. Surprisingly, water tourism (kayaking, catamaran, raft and boat) took fourth place. This group also includes ski tourism, orienteering and rock climbing. The low ranking place is due to understanding the difficulties of these tourism types.

The last ranking place of mountaineering and caving is unexpected, which can be explained by the fact that in our region these tourism types are not developed.

It is also important to provide regional centers of tourism and local study for students of the Carpathian region with pedagogical staff. An important issue of regional SCTLSSY work is also the training of highly qualified personnel in sports tourism – Master’s of Sports (MS) and candidates for Master’s of Sports (CMS). In Ukraine the title of Master of Sports for distant sports tourism was awarded in 1996 for the first time. During 2019 in the Carpathian region one athlete was awarded the title of «Master of Sport of Ukraine» in orienteering (Table 3) [7].

Table 3 – Data About Sportsmen Qualification In Active Tourism In Carpathian Region (2019) [7]

No	Region	Sport qualification							
		MS	CMS	I	II	III	I junior	II junior	III junior
1	Ivano-Frankivsk region	1	6	–	42	290	615	990	1008
2	Lviv region	–	–	3	8	34	30	85	415
3	Transcarpathian region	–	4	3	1	10	27	34	111
4	Chernivtsi region	–	2	25	62	146	199	249	230
Total		1	12	31	113	480	871	1358	1764

As can be seen from the Table 3 pupils of tourist-sports groups of four regions of the Carpathian area lead active sports life and improve their skills during various tourist events. Specialists in this field of physical culture and sports

prepared 12 candidates for Master’s of Sport, 31 pupils completed the first category, 593 – the second and third.

RCTLSSY pedagogical staff providing in Ukraine as at 2010 is shown in Table 4.

Table 4 – Characteristics of Staff of Regional Center of Tourism, Regional Studies and Excursions of Student Youth (as at 01.01.2019) [7; 13–16]

Region	Staff	High Education	Post-secondary non-tertiary education	Master of Sports	Candidate to Master of Sports	I	II	III	Scientific title	Qualification category	Awarded
Transcarpathian	30	20	10	1	6	9	1	6	-	12	5
Ivano-Frankivsk	196	140	56	2	17	25	49	34	11	91	29
Lviv	18	18	-	-	6	19	16	5	1	40	9
Chernivtsi	31	25	6	6	19	10	23	19	3	50	5
Totals	275	203	72	9	48	63	89	64	15	193	48

As we can see from the Table 4, pedagogical staff providing of regional centers of tourism and local study of student youth of the Carpathian region is uneven at this time. Among 275 pedagogical employees in the field of active tourism, 203 (73,8%) have higher education, 72 (26,2%) have secondary specialized education. The number of Masters of Sports working in tourism centers is

9 (3,3%), 48 (17,5%) is CMS, 216 (78,5%) have I–III grades, 15 (5,5%) teachers have academic titles and degrees, 48 (17,5%) educators have state departmental awards and honorary titles.

The main task of the Regional and Ukrainian Centers of Tourism is to organize various types of work with student youth (Fig. 2).

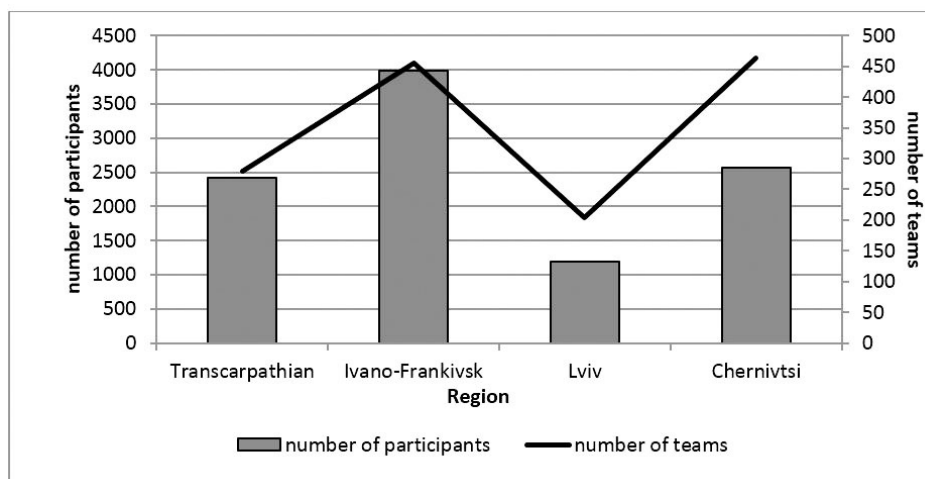


Fig. 2 Mass events on active tourism in the Carpathian region and level of engagement of pupils (as at 01.01.2019) [7; 13–16]

Thus, during 2019, in Ivano-Frankivsk region educators organized and conducted 13 great mass events of various complication in sports and recreational tourism, which involved 456 teams with a total number of 3991 participants, in Chernivtsi region educators organized and conducted 31 great mass events of various complication in sports and recreational tourism, which involved 463 teams with a total number of 2563 participants, in Lviv region educators organized and conducted 6 great mass events of various complication in sports and recreational tourism, which involved 204 teams with a total number of 1192 participants and in Transcarpathian region educators organized and conducted 26 great mass events of various complication in sports and recreational tourism, which involved 279 teams with a total number of 2425 participants [7; 13–16].

Discussion

With Strategy of National and Patriotic Education of Children and Youth adoption for 2016–2020 (Decree of the President of Ukraine from October 13, 2015 No. 580/2015) [17] child-youth tourism and local study have moved to an important stage in their development, as tourism industry is becoming of great importance for economy and social sphere development of Ukraine, and this gives the centers of tourism and local study of youth the opportunity for their activity qualified updating.

It should be noted that tourism and local studies activities were conducted not only in children and youth tourism centers, but also in other specialized and complex extra-curricular educational institutions, such as centers, aesthetic education palaces, ecological and naturalistic centers [11; 12].

It is reasonable because of, according to our data, we can note the negative dynamics in this activity sphere

over the last 10 years, as in 2019 in the educational, extra-curricular educational institutions of tourist and local study profile, Palaces, Children’s Creativity Houses of the Carpathian region there were functioning 689 sports clubs with 10421 students, compared to 894 clubs with 14843 students in 2010 [10]. It is confirmed with K.V. Mulik research too [10]. Our data are confirming with study results of a number of authors [3; 9; 10] that Backpacking and orienteering are the most common types of sports tourism in the Carpathian region.

Recently, most of tourist market participants have treated sports tourism as “non-market format” recreation form. But, in our opinion, this recreation form can take a proper place among travel agencies offers. Sport tourism is at the intersection of tourism industry and the national system of physical culture and sports [2; 10]. It performs sports, wellness, recreational, cognitive, educational, economic and other functions. That is why one of the most important tasks now is sports tourism integration into social mechanism of both child and adult recreation.

Conclusions

Active tourism is a type of activity, the essence of which is the complex and permanent restoration of person’s physical, psychosomatic, emotional and spiritual forces by active physical activity means, where all physical culture functions are effectively realized.

It is established that in the Carpathian region there are 551 groups providing educational services in the field of tourism with 6701 students involved. The most widespread active tourism types among student youth are backpacking (3791 students involved), orienteering (1110 students involved), junior local tourists (1054 students involved) and safety school (junior savior) (1001 students involved).

The conducted research made it possible to conclude that in the Carpathian area on the territory of Ivano-Frankivsk, Transcarpathian, Chernivtsi and Lviv regions the proper conditions for involving student youth in systematic classes of various active tourism types, in particular, with

the help of regional state centers of tourism and local study, are created.

Conflict of interests. The authors declare no interest conflict.

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