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PECULIARITIES OF RECREATIONAL TOURISM

Introduction.

Physical recreation is the process of using means, forms and methods of physical culture, aimed at meeting the needs for active recreation, recuperation, entertainment and personal improvement in free and specially allocated (through work and training) time. The content of physical recreation consists of aerobic exercises in combination with anaerobic ones, performed with relatively low intensity in the form of games and entertainment, changing types of activities, improving health, increasing performance.

Recreational type activities are fundamentally different from sports training and conditioning training in the intensity and volume of loading and forms of organization.

Purpose of the study – to identify peculiarities of recreational tourism.

Research methods.

Theoretical analysis of scientific and methodological literature.

Research results and their discussion.

The value of tourism lies in its diverse impact on the body through training and recovery loads, which is very important for people whose professional work has limited physical activity. The development of automation and mechanization is associated with increased stress on the nervous system and limitation of physical activity, which is a prerequisite for the development of functional disorders, primarily of the nervous and cardiovascular systems [1, 4].

Tourist trips allow you to restore your working capacity and improve your health due to a complex of factors: changes in the situation, the influence of climatic conditions, and rational physical activity. Depending on the degree of physical activity, tourism can be either a means of active recreation or a training means [3].

In this regard, the ability of sports tourism to migrate towards recreational tourism based on the results of sports tourism with non-forced loads is noted. In addition, there is a shift in recreational tourism towards rehabilitation under certain climatic conditions and means of tourism in the form of dosed walking and other activities that contribute to the treatment of certain diseases. In general, recreational tourism is considered as a form of active tourism within the framework of physical recreation with certain restrictions on physical activity [2].

The main objectives of recreational tourism are:

- harmonious physical development and promotion of comprehensive human development;
- health promotion and disease prevention;
- ensuring proper rest for people of all ages and professions;
- maintaining high performance;
- achieving active creative longevity.

In addition to the general principles of physical education, it is advisable to be guided by certain rules of methodology and organization of recreational tourism classes:

- implementation of the installation for the pleasure of exercising in combination with optimization of loads according to certain criteria and with certain restrictions;
- differentiation of methods of influence depending on the needs of the body and the capabilities of the "limiting" regulation links. There is no muscle activity or exercise at all. Each method provides a specialized result on both motor and autonomic functions. Therefore, for the effective use of recreational tourism, it is important to identify specific needs (type of tourism, form of tourism) and select adequate influences for this (route, time, derivative mode);
- maintaining a qualitative variety of tourism and physical activities;
- determine the primary impact on the "weaknesses" of motor and autonomic function, which is especially important for counteracting the disease;
- individual load dosage according to the "pleasure exercise" system;
- take into account the emotional intensity of classes due to natural and social factors;
- preliminary identification of the body's adaptive capabilities for going out on the route (medical exami-



nation, acclimation classes, etc.);

- determination of objectivity in assessing motor capabilities and in managing recreational tourism (especially when recruiting tourist groups);

- integrated use of training methods, active recreation and hardening in different conditions of recreational tourism;

- systematic use of various forms and means of recreational tourism in the annual cycle (walks, weekend hikes, multi-day trips);

- the use of non-forced physical activity and non-extreme training conditions. Using physical activity and natural forces "to the limit", as a rule, aggravates the functional state and makes it difficult to restore the body's performance;

- take into account assessment and self-assessment of the results of classes; It is important not to strive for personal records "at any cost", but to take into account specific indicators of diagnosis and well-being. Improving these indicators inspires self-confidence, improves mood and increases the effectiveness of classes;

- the use of recreational tourism against the backdrop of a healthy lifestyle and self-discipline while giving up bad habits (smoking, alcohol, etc.).

Conclusions.

Recreational tourism is a certain type of tourism that has a main goal function - the restoration of a person's physical and mental strength through tourism. The main effect for which recreational tourism is used is to increase efficiency by means of tourism. Subjectively, the effect of increasing performance is expressed in the form of relieving fatigue, creating a feeling of vigor and an influx of strength, and objectively – in improving the functional state of a person. Therefore, tourism is a form of active recreation and health improvement, it is often called health tourism. It should be noted that the term "sports and health tourism", which has a certain state status, reflects the essential connection between health and sports tourism.

References.

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