

Influence of Physical Fitness of Students on the Quality of Leisure Organization in a Sports and Health Tourism

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Abstract: The relevance of the study is to set priorities in preparing students for walking sports and recreation trip. The article deals with the problem of the influence of students' physical fitness on the quality of a tourist trip organization, namely, on reasonable time to complete the route, to bivouac, to cook, to organize leisure and recreation activities. The authors have analyzed the content of sports and recreation tourism, revealed its features and advantages, and defined its positive impact on the human well-being and renewal of their functional capabilities. 67 students aged 17-19 of Khmelnytskyi Humanitarian-Pedagogical Academy (Ukraine) have participated in the research, who were the part of the experimental group (EG) – (n=33) and the control group (CG) – (n=34). Students of experimental group were trained according to the program of “comprehensive physical training of tourist”, students from control group were trained according the traditional system of training. Assessment of the results was carried out by expert-teachers of the department of the theory and methodology of physical culture and valeology of Khmelnytskyi Humanitarian-Pedagogical Academy. According to experts, this training allowed students of the experimental group to reduce the time to pass the route by 11.7 %, to overcome natural obstacles by 40.3 %, to cook by 18.5 %, to bivouack by 20.6 %, which, respectively, allowed by 78 % increase the time spent on leisure organization (games, entertainment, local lore activity) and 2.2 times increase the time for recreation activities (bathing, walking, active recreation).

Keywords: *physical fitness; sport and recreation tourism; students; hiking; leisure organization.*

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Introduction

Tourism is a multifaceted phenomenon that combines economic, social, cultural and environmental aspects, is a mass form of recreation organization, has almost inexhaustible potential for continuous development, closely combined with many sectors of the economy, which makes it a leading place in the socio-economic life of countries and people. Today, international tourism is intensively developing in many countries of the world, providing the necessary opportunities to become acquainted with the culture, customs, history, religious and spiritual values of the respective state and its people. Tourism and its international component are essential for the study, research and development of most countries and Ukraine is no exception. Our country has a favorable climate, natural resources and historical and cultural resources, great tourist and recreational potential, which create opportunities for intensive development of many types of domestic and foreign tourism.

Sports and recreation tourism plays a significant role in the development of the tourist movement. In fact, it is one of the most available forms of massive active rest, understanding and study of the world around us. Today, sports and recreation trips and rest are becoming an integral part of the life of the population of all continents. Ukraine objectively has all the prerequisites for the intensive development of sports and recreation tourism: specific geographical location and terrain, favorable climate, rich natural, historical, cultural, tourist and recreational potential.

Sports and recreation tourism in Ukraine is developing as an integral part of the tourism industry and is aimed at improving health, developing physical, moral, volitional and intellectual abilities of a person by encouraging to participate in sports, local core, recreational hiking of various complexity, amateur tourist trips, adventure trips of active tourism. At the same time, sport and recreation tourism contributes to the development and promotion of active forms of recreation hence it has recreational, cognitive, educational, economic and other functions.

Developing on the verge of sports and active recreation in the natural environment, sport and recreation tourism contributes to the development of domestic tourism by promoting relatively cheap and at the same time effective rest.

Sports and recreation tourism is the kind of tourist and recreational activity, the main feature of which is an active way of travelling (hiking), which aims to familiarize with the nature, culture, history of travel area,

renewal of human physical, mental and spiritual powers, to improve the tourism knowledge and skills of active rest and recreation. Therefore, today walking tourism is popular and in demand. In sport and recreation tourism, the active way of travel is defined as the movement on the terrain, relying only on your own (muscle) strength, without the use of any mechanical vehicles.

Hiking is carried out almost in all climatic zones and geographical regions. Their attractiveness and the main distinctive feature is that they are available and useful to every person, regardless of age and physical fitness, provide greater freedom to choose the route in accordance with the aesthetic, cognitive and cultural needs of the trip participants. If there is a large number of various natural obstacles on the route, hiking can turn into a combined one, for example, on-land and water, mountainous and on-land.

Many researchers have studied the problem of organizing and preparing young people for sport and recreational tourist trips. Theoretical and methodological aspects, history and prospects of development of youth tourism in Ukraine and all over the world have been enlightened in the works of the following scholars: Abramov (2013, pp. 207-210), Bohatyriov (2014), Bozhko (2017), Volkova & Kondakova (2014). The research works of Yerko (2013), Herashchenko & Omelchenko (2013) are devoted to the distribution of tourist activities and classification of sports and recreation tourism. Scientific works of Mozolev (2020) are devoted to the study of organizational, legal, financial, material and technical problems of preparation for a tourist trip, as well as the problem of special aspects in preparation of the leader and members of the tourist group to travels of different complexity. Volkova, & Naumenko (2015) devoted their research to the features of the development of recreational tourism in Ukraine and its impact on the recovery of the vital forces of the young person's body. The development of local lore in tourist trips was studied by Parfinenko (2015), Chornenka (2012). The works of Mulyk (2015), and Tsiukalo (2016) covered the importance of tourist travel in the system of physical and aesthetic education of pupils and students. The research of Mozolev, Halus, Bloschynskiy & Kovalchuk (2019) is devoted to the problem of training qualified specialists in the field of physical culture and tourism. Issues of organizing and preparing young people for hiking trips are discussed in the research works of Hrokhov (2016), and Ostapchuk (2017). Development of students' motivation for active exercise and preparation for hiking is considered in the works of Prontenko, Griban, Medvedeva, Aloslyna, Bloschynskiy, Bezpaliy, Bychuk, Mudryk, Bychuk, Radziyevskiy, Filatova & Yevtushok (2019). The research works made by Zenin (2016), Mozolev ,

Bloshchynskyi, Alekseiev, Romanyshyna, Zdanevych, Melnychuk, and Prontenko (2019) are devoted to the requirements for special physical training of students necessary for successful tourist travel. The influence of physical activity of students on the level of their physical fitness was investigated by Cirillo, Finch & Anson (2017). Quantitative and qualitative characteristics of life of young people who are purposefully engaged in physical culture, sports and tourism are considered in the works of Paunescu, Grigore, Mitrache, Predoiu & Predoiu (2018).

We believe that the study of the impact of physical fitness of students on the quality of leisure activities in a walking sports and recreational hike is relevant, since the quality of the tourist trip depends directly on the positive emotional perception of the activities during the trip. The more time spent on sports and recreational entertainment, cultural leisure, recreational and recreational activities, the more positive impressions of the tourist trip will remain with students.

Methodology of Research

Participants

The research work was carried out on the basis of Khmelnytskyi Humanitarian and Pedagogical Academy (Ukraine). The subject of the study was 67 students aged 17-19 who studied in the specialty "Tourism" and were divided into: an experimental group (EG) – 33 students and a control group (CG) – 34 students. The main indicator was the initial level of physical fitness of students, which was determined by the ten-point system of performance exercises for speed, strength, agility and endurance. Experts were 9 teachers of the Department of theory and methodology of physical culture and valeology of the Khmelnytskyi Humanitarian and Pedagogical Academy. The study was conducted between March and July 2019.

Materials

The purpose of the article is to study the influence of students' physical fitness on the quality of leisure activities in a walking sports and recreational hiking.

To obtain the necessary information, we used general scientific methods of the theoretical level of research, namely: analysis of scientific and methodological sources, survey, questionnaire, expert evaluation method, pedagogical experiment, statistical data of pedagogical observation, factor analysis.

The analysis of scientific and methodological sources was used to study the current state of scientists' views on the problem of developing youth sports and recreation tourism, and to determine the requirements for organizing educational tourist trips. The survey and questionnaire were conducted to determine the level of theoretical knowledge of students, to establish the level of formation of practical skills required for hiking. The method of expert assessment was used to determine the duration and complexity of a hiking tour; to establish a time frame for overcoming certain obstacles, breaking bivouacs, and conducting other planned activities; to comply with security measures and organizational requirements that guaranteed the purity of the research work. The pedagogical experiment was carried out to test the effectiveness of the developed content of physical education classes with elements of tourist training, the level of formation of skills in overcoming certain obstacles and sites for sport and health trips, determining free time for leisure activities organization. Statistical methods were used to analyze the pedagogical experiment using the Student's t-criterion. Factor analysis methods used for quantitative and qualitative processing of the obtained experimental results.

Procedure

To achieve the goal of the study we had to solve the following tasks:

1. Develop a set of physical exercises that develop professionally necessary skills of a tourist: passing significant distances in a group; overcoming natural obstacles; navigation on the terrain; providing assistance, bivouacking, cooking in the field.

2. Develop a program for a comprehensive combination of theoretical knowledge of the tourist with the formation of practical skills and their training in physical education classes.

3. Implement the author's program "comprehensive physical training of tourists" in the educational process of training students in the Specialty "Tourism" in Khmelnytskyi Humanitarian and Pedagogical Academy.

4. Check the effectiveness of the author's program of the "comprehensive physical training of tourists" during a three-day tourist trip.

The program of "comprehensive physical training of tourists" was implemented within 4 months and included three stages:

1. *Theoretical and formative stage (2-3 weeks)*. The task of the stage is to provide the necessary theoretical knowledge, formation of practical aptitudes and skills for the implementation of a walking sports and recreational tourist trip. Classes are theoretical, cognitive and professionally applied in nature.

2. *Training and development stage (12-14 weeks)*. The task of the stage is targeted physical training of endurance, dexterity, development of special skills to overcome natural obstacles, improvement of actions with special inventory and equipment, providing assistance and self-help. Classes are educational and training in nature.

3. *Control and correctional stage (1-2 weeks)*. The task of the stage is to check the effectiveness of the author's program "comprehensive physical training of a tourist" during a three-day tourist trip. Classes have controlling and testing and perspective-correctional nature.

At the first stage, the main attention was paid to the formation of basic theoretical knowledge in pedagogy, psychology, and conflictology necessary for organizing a tourist trip, monitoring physical activity, and developing emergency medical care skills. A specific feature of the theoretical and formative stage in the preparation of tourists was a complex combination of knowledge of geography, tourist local history, topography, psychology, life safety, physical culture, and health care basics.

At the second stage, the main attention was paid to the development of practical skills. In physical education classes, the main content of training was to improve the functional capabilities of the body of students, develop their endurance, strength and dexterity. Special physical training covered such areas of activity as: development of coordination skills in overcoming natural obstacles, placing tents, bivouacking and carrying suitcases. Special attention was paid to the formation of skills for choosing a route, using a map, compass, and other means of navigation. Students' physical training was based on the principles of versatility, systematicity, consistency, continuity, cyclicity, specialization, and safety.

At the third stage, the control and comparative analysis of the level of preparedness of students in the experimental and control groups during the three-day walking trip was carried out. The group of experts set the following requirements for the trip implementation:

- defined the starting point and the ending point of the walking trip;
- set the limit in overcoming the distance during the day;
- defined requirements for the arrangement of a camp, cooking and leisure activities;
- set the time frames for overcoming certain sections of the route.

During the trip, the experts carried out the assessment of the actions of students in experimental and control groups in selection of the optimal route, possessing the tactics of passing the route, the ability to apply the techniques for overcoming the obstacles, the knowledge of the rules of organization of sports and recreation trip, the compliance with the

requirements for the breakdown of camp, cooking as well as the sanitary-hygiene rules. (Table1)

Table 1. Assessment of the criteria for the formation of knowledge and skills of the tourist

№ o/n	Criteria for the formation of knowledge and skills of the tourist	Levels of knowledge and skills of the tourist			
		High deep and systematic knowledge; self-assessment of situations, creative approach to tasks performance	Adequate the execution of tasks in standard situations, able to draw conclusions and to correct errors	Intermediate performs tasks on the model, has basic skills of hiking tourist trip	Elementary fragmentary knowledge and skills, initial ideas about hiking trips
1.	choosing the optimal route	4	3	2	1
2.	tactics of passing the distance	4	3	2	1
3.	technique for overcoming obstacles	4	3	2	1
4.	knowledge of the rules of hiking trip	4	3	2	1
5.	the breakdown of camp	4	3	2	1
6.	cooking	4	3	2	1
7.	compliance with sanitary and hygienic requirements	4	3	2	1
8.	leisure activities	4	3	2	1

Despite the assessment of the students' actions in experimental and control groups, the experts measured the time spent on overcoming certain

sections of the route, breaking down bivouacs, cooking, overcoming obstacles, and organizing leisure.

Results of Research

The main feature of youth sports and recreation tourism is that unlike most other types of tourism, it does not require relatively large material costs, because it develops in the natural environment and does not require significant investment to prepare special facilities and equipment to meet the needs of tourists.

Physical fitness of the tourist plays one of the key roles in the overall preparation of the tourist. Going on a hike, a tourist sets a task to test his/her ability to overcome certain distances, natural obstacles, ability to survive in the natural environment, to emerge victorious from difficult situations. In tourism, achieving high results is impossible without constant physical improvement, which is the main content of training and, at the same time, is linked to improving health and overall improving the functional capabilities of the body.

The results of the experts' assessment of the criteria for the formation of knowledge and skills of students in the experimental and control groups during the three-day trip are presented in table 2.

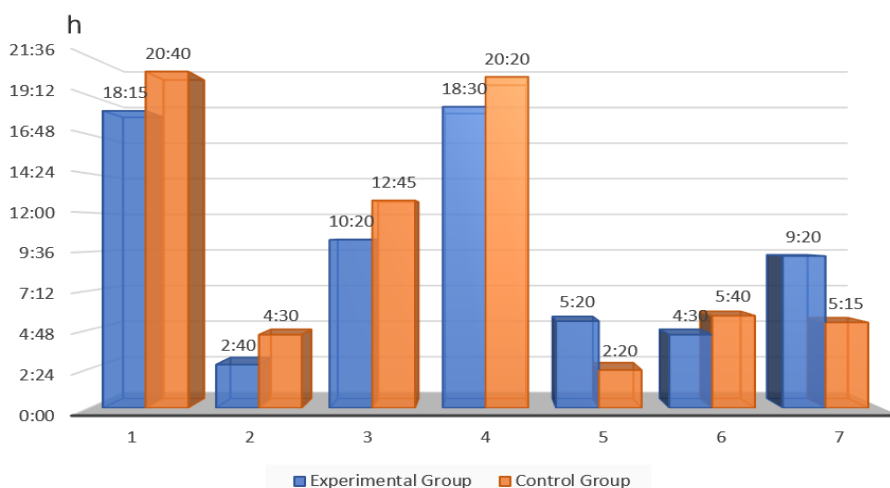
Table 2. Results of experts' assessment of criteria for the formation of students' knowledge and skills.

No	Assessment criterion	Experimental group		Control group		Difference
		№1 (n=16)	№2 (n=17)	№1 (n=17)	№2 (n=17)	
1.	choosing the optimal route	3.3	3.6	2.8	2.7	+ 0,70±0,15
2.	tactics of passing the distance	3.25	3.43	2.42	2.64	+ 0,81±0,11
3.	technique for overcoming obstacles	3.67	3.52	2.03	2.27	+ 1,45±0,12
4.	knowledge of the rules of hiking trip	3.26	3.48	2.56	2.68	+ 0,75±0,11
5.	the breakdown of camp	3.12	3.23	1.82	1.56	+ 1,49±0,13
6.	cooking	3.42	3.14	1.92	2.07	+ 1,28±0,28
7.	compliance with	3.33	3.42	2.82	2.96	+

	sanitary and hygienic requirements					0,49±0,07
8.	leisure activities	3.56	3.74	2.26	2.02	+ 1,41±0,13

The analysis of the results of the experts' assessment of the criteria for the formation of knowledge and skills of students of the experimental and control groups showed a higher level of development of skills for walking tourist trips among students of the experimental group. The most significant changes were achieved in the following indicators: bivouac breakdown $+1.49 \pm 0.13$ ($p < 0.01$); obstacle breaching techniques $+1.45 \pm 0.12$ ($p < 0.01$); leisure activities $+1.41 \pm 0.13$ ($p < 0.01$); cooking $+1.28 \pm 0.28$ ($p < 0.05$).

The definition of time indicators for the actions of students in the experimental and control groups during a three-day tourist trip is shown in Fig. 1.



Where:

1. Total time to overcome the trip route.
2. Time to breach natural obstacles.
3. Time for cooking.
4. Time to rest.
5. Time spent on recreation.
6. Time spent for camp breakdown.
7. Time spent on leisure.

Figure 1: Time indicators for actions of students from experimental and control group during a three-day tourist trip

Comparative analysis of indicators of time spent on performing certain elements of a tourist trip among students of the experimental and control groups showed the following characteristics:

- the time spent on overcoming natural obstacles in the control group was more on average by 1 hour and 50 minutes, which is 40.3% worse than in the experimental group

- the total time spent on the route in the control group was more on average by 2 hours and 25 minutes, which corresponds to 11.7 % of the additional time spent on walking trip;

- the overall indicator of time spent on overcoming the route for students of the control group was higher mainly due to the increase in time to overcome natural obstacles, which indicates an insufficient level of physical fitness, a low level of dexterity development and the formation of collective action skills;

- the time spent for cooking in the control group was more on average by 2 hours and 25 minutes, which is 18.5 % more than in the experimental group of students. This indicator shows an insufficient level of formation of skills in making a fire, preparing firewood and cooking in natural conditions;

- the time spent on rest for students in the control group was more on average by 1 hour and 50 minutes, which is 9.0 % more than for students in the experimental group. This indicator shows a greater fatigue of students of the experimental groups during the execution of the same tasks, which required, respectively, more time to restore the body of students;

- the time spent on recreation activities (physical exercises, bathing, walking) in the control group was less on average by 3 hours than in the experimental group. This indicator shows a lack of attention to measures to improve the health of students in the control group, which is primarily due to the lack of time and the need to perform other vital functions in the tourist trip;

- the time spent on bivouacking in the control group was longer on average by 1 hour 10 minutes, which is 20.6 % more than in the experimental group. This indicator shows an insufficient level of formation of physical and special motor skills, spending extra time on the installation of tents and other bivouac facilities;

- the time spent on organizing leisure activities (games, entertainment, local core activities) in the control group was less on average by 4 hours and 5 minutes, which is 43.7 % worse than in the experimental group. This indicator shows that the students of the experimental group had

much more free time to get a positive impression and enjoy walking trip, and this is the main condition for organizing youth sports and health tourism.

Discussion

According to analysis of scientific-pedagogical literature the majority of scholars consider youth sport and recreation tourism as a special form of movement of people along a certain route in order to visit a specific object or meet their interests and return to a permanent place of residence (Bozhko, 2017; Hrokhov, 2016); as a form of personal development, which is implemented through the development of outlook and concept of the environment (Bohatyriov, 2014; Yerko, 2013); as a means of historical, regional, aesthetic, patriotic, physical, moral and volitional education of youth (Parfinenko, 2015; Tsiukalo, 2016; Zenin, 2016); as a kind of health-saving technology that fosters students with new professional competencies (Prysiashniuk et al., 2019); as a form of recreation, improvement in health, leisure, getting pleasure (Chornenka, 2012; Hrokhov, 2016; Shchur & Dmytruk 2003; Bloschynskiy et al., 2019).

Sport and recreation tourism performs a number of socially significant functions, including: recreational, cognitive, developmental, entertaining and educational activities of students. In most cases, all of them are inseparable and must be performed simultaneously (Abramov, 2013; Volkova & Kondakova, 2014).

The analysis of the obtained results of our study confirms the views of Herashchenko and Omelchenko (2013), Mulyk (2015) regarding the priority value of recreational and emotional-entertainment effect of sports and recreation tourism in the life of young people; confirms the research data of Zhamardiy, Shkola, Ulianova, Bilostotska, Okhrimenko, Okhrimenko, Griban, Prontenko & Bloschynskiy (2019) on the positive impact of fitness technology on the formation of special physical qualities of the student is necessary for the implementation of a tourist trip.

According to the results of our study have also been extended: research findings by Leuciuc (2019) on the positive impact of purposeful training on improving students' physical fitness during one academic semester; the research data of Bozhko (2017), Grohov (2016), Ostapchuk (2017) on improving methods of preparation, organization and carrying out hiking trips for students; the studies of Mulyk (2015), Tsiukalo (2016), Zenin (2016), Konokh (2018) as to the need for targeted training of students to tourism, the effect of special physical preparation of tourist to the end outcome of hiking trip; the studies of Mozolev, Bloschynskiy &

Aliexsieiev (2019), Macri & Vasile (2018) about the need to use non traditional methods of physical education in preparing students for a hiking trip.

The authors of the article proposed and substantiated a system for evaluating students' actions during a three-day walking trip. This system included a temporary assessment of tourists' actions during overcoming obstacles, bivouacking, cooking, as well as a qualitative assessment of tourists' knowledge and skills in the optimal choice of the travel route, tactics for passing the distance, techniques for overcoming obstacles, knowledge of the rules of a walking tour, pre-sanitary and hygienic requirements, and leisure activities. This evaluation system logically connects the theoretical knowledge of students and their ability to apply them in practice, has a positive effect on the level of education of students and the formation of practical skills of tourists.

Conclusion

Youth sport and recreation tourism is a tourist travel to any area with favorable natural and climatic conditions for health and staying there for the purpose of active rest, improving health, restoring emotional and mental strength. Usually, within the framework of sports and recreation tourism there are walks, swimming, water or mountain skiing, excursions, entertainment events, and visits to monuments of social, cultural, and nature protection.

Physical training of a tourist is one of the most important components in the overall training of a tourist, which allows you to prepare a person for unexpected difficulties of travel, develops the ability to overcome obstacles, forms the skills of navigation and survival in the natural environment. Physical training itself allows the tourist to feel positive emotions while overcoming difficulties in achieving the predetermined trip objectives.

The study determined that targeted physical education lessons allowed students of the experimental group to use their knowledge and physical skills more efficiently in choosing tactics for passing the distance, overcoming natural obstacles, and saving time in moving along the route. Special physical preparation of the students of experimental group for walking sports and recreation trip allowed to increase by 78 % the time spent on organization of leisure (conducting games, entertainments, local lore) and 2.2 times to increase the time for recreation activities (organizing bathing, walking, active recreations).

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Biodata

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