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Methodological approaches for researching the development of sports tourism in Ukraine

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Abstract

The article describes the concept of sports tourism. It was found that sports tourism is a type of active recreation, which is carried out by traveling along a route, testing one's own physical strength, moving on foot or on skis, bicycles or watercraft. To reveal methodological approaches to the study of the problems of the development of sports tourism in Ukraine. The importance of sports tourism for human development has been established. Its main features that distinguish sports tourism from other types of tourism are characterized. It was established that the most popular types of sports tourism in Ukraine are: hiking, water, cycling, speleological and ski tourism. Each type of sports tourism is characterized. The current state of sports tourism in Ukraine is analyzed. The prospects of its development in Ukraine are determined, the most popular regions for the development of certain types of sports tourism are given. The priority directions for the development of sports tourism in Ukraine have been identified. It has been established that by realizing their own physical

capabilities, overcoming obstacles, adapting to new conditions and surroundings, tourists get physical and moral satisfaction from this type of recreation.

Key words: sports tourism; research methodology; physical capabilities; promising regions of development.

МЕТОДОЛОГІЧНІ ПІДХОДИ ДОСЛІДЖЕННЯ РОЗВИТКУ СПОРТИВНОГО ТУРИЗМУ В УКРАЇНІ

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В статті охарактеризовано поняття спортивного туризму. З'ясовано, що спортивний туризм – це вид активного відпочинку, який здійснюється шляхом пересування по маршруту, випробування власних фізичних сил, пересування пішки або на лижах, велосипедах чи плавзасобах. Розкрити методологічні підходи до дослідження проблем розвитку спортивного туризму в Україні. Встановлено значення спортивного туризму для розвитку людини. Охарактеризовані його головні особливості, які відрізняють спортивний туризм від інших видів туризму. Встановлено, що найпопулярнішими видами спортивного туризму в Україні є: пішохідний, водний, велосипедний, спелеологічний та лижний туризм. Охарактеризовано кожний вид спортивного туризму. Проаналізовано сучасний стан спортивного туризму в Україні. Визначені перспективи його розвитку в Україні, наведені найпопулярніші регіони для розвитку окремих видів спортивного туризму. Виявлені пріоритетні напрямки розвитку спортивного туризму в Україні. Встановлено, що реалізуючи власні фізичні можливості, долаючи перешкоди, адаптуючись до нових умов і оточення, туристи отримують від цього виду відпочинку фізичне і моральне задоволення.

Ключові слова: спортивний туризм; методологія дослідження; фізичні можливості; перспективні регіони розвитку.

The statement of the problem... Nowadays, considerable attention is paid to tourist activity as an effective tool that ensures the realization of specific functions and needs of a

person, creates conditions for the development of the personality, its preparation for an active, full-fledged and effective life. Within the domestic tourism industry, a separate type of activity - sports tourism - has been clearly defined. This unique segment of tourism arose on an amateur basis at the initiative of amateur tourists. It combines sports and recreation, fosters patriotism and national self-awareness. Sports tourism has great social significance. Its popularity is steadily growing all over the world. Article I of the International Charter of Sports Tourism states that "... sports tourism as a comprehensive form of recreational, educational tourism and travel is one of the most effective directions of the modern development of world tourism" [1].

Analysis of previous research and publications... The methodological basis of the study of the problems of the development of sports tourism in Ukraine is made up of the works of domestic scientists. The theoretical foundations of sports tourism are considered in the works of such scientists: V. Abramov, A. Balabanova, O. Borduna, M. Gamkalo, P. Maslyak, V. Nazarenko, I. Panchak, S. Fokin and others. Historical aspects of the development of sports tourism in Ukraine were studied: Yu. Grabovskyi, O. Lyubitseva, M. Malska, O. Skaliy, V. Tykul, P. Tyshchenko and others. The prospects for the development of sports tourism in Ukraine are devoted to the scientific developments of the following domestic scientists: S. Borysov, V. Hanopolskyi, Yu. Grabovskyi, O. Ilyina, A. Katalimova and others.

The aim of the study To reveal methodological approaches to the study of the development of sports tourism in Ukraine and to determine the prospects for its development.

Main body From the middle of the 20th century. sports tourism began to steadily progress and develop in all countries of the world. Its development was determined by many factors: the desire of a person to expand his horizons, the search for extreme sensations, the desire to spend his free time better, to learn about his own capabilities, etc. All this and much more gave sports tourism a great impetus to continuous improvement and acquisition of the status of a separate direction of tourism [2].

Sports tourism involves overcoming the route in an active way, that is, without the use of vehicles, relying only on one's own physical and moral strength. Active movement is a characteristic feature of sports tourism. According to this sign, it can be called active tourism. The very name - "sports tourism" - implies its health component, which is combined with an active form of hiking [3].

According to the form of tourist activities and the nature of their organization, active tourism is divided into organized - planned and spontaneous and unorganized - amateur [4].

Planned tourism involves the organization and conduct of hikes and trips by tourist organizations and enterprises mainly based on tourist vouchers. They are carried out on developed, carefully researched, described routes under the guidance of qualified instructors and tour guides who have sufficient experience and are well-versed in the area. Along the entire route there are specially equipped tourist bases or shelters, participants of the hike are provided with overnight accommodation, food, tour guide services, cultural and entertainment, animation and medical services, in some areas - transport, etc. Most of the first-time tourists make their first hikes along such routes, which pass through the most picturesque corners, include ancient monuments, interesting architectural structures, memorial and historical places. Usually, these routes are simple and do not require special training.

Self-made tourist trips are organized and conducted by tourist clubs, sections and other public associations. Self-employed tourists independently determine the composition of the group, draw up the hiking route, provide themselves with the necessary equipment, food, and organize overnight stays, transitions, and excursions along the route. The routes of amateur hikes are approved by the route qualification commissions, and their passage is controlled by the relevant control and rescue services and detachments [5].

Amateur hikes are conducted by individual tourists, relying on their own strength, knowledge and life experience. They do not belong to any tourist organizations, they independently choose the area, tourist objects, features and complexity of the event. The main goal of the participants of such unorganized hikes is active recreation during vacations.

The classification of sports tourist routes by categories of difficulty (degrees) is carried out by the route qualification commissions under sports tourism federations. Depending on the method and means of carrying out tourist activities, the following are distinguished: hiking, water, cycling, skiing and speleological tourism.

Hiking tourism is a well-known type of sports tourism, the main goal of which is to overcome a route by a group of tourists in the area from the place of departure to the place of arrival in the specified time period [6].

Hiking tourism contributes to the physical and intellectual development of a person, the maintenance of good physical shape due to a certain period of stay in the natural environment. The hiking route can include not only a program of physical, sports and health training, but also familiarization with the history and cultural heritage of the population of the region.

Usually, hiking trips last from 1-2 days to 15-20 days. Important elements of a hiker's day are: actual movement along the route, stops, lunch stop, night stop (bivouac). After several days of a difficult route, 1 day of rest can be arranged - the so-called "day off". In the

mountains, mountain tourists can start a day hike very early in the morning - in the snow zone and glaciers at 4-5 in the morning - when there is already visibility from the morning sun - and finish at 10-12 in the afternoon (morning), which is related to the rules safety (after sunrise, snow and ice melt, the probability of rock falls, avalanches, etc. increases).

Water tourism is one of the types of tourism, which is based on overcoming the route on the water surface.

There are several subtypes of water tourism: river rafting, rafting, sailing tourism, kayaking, canyoning, windsurfing, wakeboarding [7]. Currently, the most developed and popular in Ukraine are river rafting and rafting. Other types of water tourism are only gaining popularity in the country, although they have significant prospects for development.

Rafting on rivers is a type of water tourism that is quite popular in the world and has a high level of development in Ukraine as well. It involves moving downstream. This is usually done on kayaks, catamarans, rafts, rubber boats. A kayak is a small light vessel propelled by an oar. Kayaks are divided into sports and tourist, as well as by capacity: one-, two- and three-seater. A catamaran is a two-hull vessel, both hulls of which are connected by a frame. There are rafting catamarans, which are used for rafting on rivers, and sailboats for traveling, including sea, under sail. Rafts have different designs and move with the help of water flow at a low speed.

Rafting is rafting on a river, but in a more extreme form. It uses a special inflatable vessel - "raft" - which gave the name to this type of water tourism. The raft is very stable and high-passability, usually designed for 6-8 people. Usually rafting takes place in turbulent waters of mountain rivers. Rafting is a team sport. Everyone in the team has their own function, and successful and safe crossing of the route depends on the coordination of actions of all participants [8].

Bicycle tourism (bicycle tourism) is one of the types of tourism in which the bicycle serves as the main or only means of transportation. The concept of "cycling tourism" is ambiguous and is related to both one of the types of active recreation and to a variety of sports tourism.

Bicycle tourism as an active recreation consists in cycling routes that contain general tourist attractions and sightseeing objects specific to bicycle tourism. The difficulty of such hikes can vary from simple to extremely high, the routes are laid out in such a way as to take advantage of the advantages that a bicycle gives for fast movement along the route. The main differences of such cycling trips from sports cycling tourism, which is focused on obtaining sports ranks and titles, are the refusal to intentionally complicate the route, the division of

trips into categories of difficulty, and the combination of the sports component of the trip with a tour of cultural and natural monuments [9].

Bicycle tourism has its advantages compared to other types of tourism. A bicycle gives the traveler the opportunity to cover large distances at a fairly high speed, to get to know the whole region during a short bicycle trip, to visit interesting objects located at a considerable distance from each other. Another significant advantage over other types of tourism is that a bicycle tourist does not need to carry a backpack for a distance of several tens of kilometers on his own back - the main weight of the luggage is transferred to the bicycle. Among the types of active recreation, bicycle tourism is the leader in terms of speed of movement and length of routes.

However, the bicycle makes some specific demands on the participants of the trip. Every cyclist should master the technique of riding a loaded bicycle not only on highways, but also on trails and off-road. A mandatory condition is knowledge of the Traffic Rules, which is a guarantee of an accident-free cycling trip. Every bicycle tourist should have at least a minimum basic knowledge of the technical equipment of a bicycle and the principle of its operation, and be able to make minor repairs in the field. Cycling tours are an exciting type of active recreation, which gives a lot of unexpected, and sometimes still unseen, original, exceptional. The territories of all regions of Ukraine are suitable for cycling trips of the 1st and 2nd difficulty categories. The main part of hikes of higher difficulty categories is carried out in the mountainous regions of the Carpathians and Crimea (up to 5 difficulty categories inclusive). For hikes of the II-V difficulty category in the Carpathian and Crimean mountains, difficult-to-pass sections of unpaved field and forest roads and paths, steep mountain roads, passes, long ascents and descents, fords and other natural obstacles, as well as inconvenient for a bicycle road surface (cobblestones) are characteristic, pebbles, etc.). At the same time, these areas have a dense network of roads and settlements.

Speleotourism is a type of sports tourism, the content of which consists in traveling through natural underground cavities (caves) and overcoming various obstacles in them (siphons, wells) using various special equipment (scuba diving, carabiners, ropes, hooks, individual safety systems, etc.). The opening of new speleotourist routes is combined with the study of caves – speleology [10]. This type of tourism has won the sympathy of many underground travel enthusiasts. They can admire fabulous stone flowers from crystal formations, swim in an underground lake, admire the cave wonder - stalactites and stalagmites.

Speleotourism is a technically complex type of tourism. Its difficulty lies in the passage of routes that are difficult in terms of terrain in the absence of natural light, high relative humidity and low air temperature. All of this requires a speleologist to thoroughly prepare for the trip, as well as strength, endurance, dexterity, skill in using means of life support underground and means of insurance, stable skills in overcoming relevant natural obstacles.

Ski tourism is one of the oldest types of active recreation. Ski tourism consists of interesting descents on special skis on long mountain slopes - specially equipped tracks. Alpine skiing tourism does not belong to sports tourism: there are no specific requirements for it, as it is necessary to distinguish between alpine skiing, which is practiced by athletes in order to participate in competitions, and tourism, which is practiced by numerous amateurs for the purpose of rest, pleasure and self-testing. However, skiing tourism requires considerable special technical skills and abilities, and therefore it can be attributed to a certain extent to sports tourism.

Over the years, the number of people wishing to go mountain skiing only increases, and the level of service and capital investments in this type of tourism is constantly growing. Almost every ski resort has slopes for both professionals and beginners. And there are always local instructors at the service of vacationers who can always teach them how to ride properly. The movement on skis probably appeared after the invention of snowshoes, which were gradually modernized to the modern state of mountain skiing.

At the moment, the most developed direction of sports tourism in Europe is ski tourism. Its popularity is due to the fact that on the territory of Europe there are mountain ranges that are a suitable place for this type of sports tourism, an important role is also played by the fact that people of different age groups are engaged in mountaineering, and it, like one of the other types of sports tourism, helps people maintain physical fitness and it is better to get to know nature [11].

Conclusions Sports tourism is a type of active recreation, which is carried out by moving along a route in an active way, testing one's own physical strength, moving on foot or using skis, bicycles or watercraft. By realizing their own physical potential, overcoming obstacles, adapting to new conditions and surroundings, tourists get physical and moral satisfaction from this type of recreation. The most popular types of sports tourism in Ukraine are: hiking, water, cycling, speleological and ski tourism.

The field of tourism in the world is developing rapidly, the popularity of extreme, sports and entertainment types of tourism is growing, as evidenced by the increase in the number of

types of tourism and the creation of appropriate resort areas to meet the growing demands of consumers.

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