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КЛЮЧЕВЫЕ ФАКТОРЫ И МЕРЫ БЕЗОПАСНОСТИ В СПОРТИВНОМ ТУРИЗМЕ

Даниелян Сурен Акопович

Государственный институт физической культуры и спорта Армении («ГИФКСА»), Ереван, Армения

Аннотация. Сферы экстремального и спортивного туризма ежегодно демонстрируют рост. В первую очередь такой рост основан на развитии науки и технологий, а также на появлении соответствующих трендов в обществе. Что странно, с одной стороны – путешествовать стало проще, однако количество потенциальных угроз для путешественника не снизилось, а наоборот возросло. В настоящее время, вопросам безопасности экологического и приключенческого туризма уделено мало внимания, в особенности на исследовательском уровне.

Ключевые слова: туризм, несчастный случай, уровень риска, безопасность, кризис, устойчивое развитие.

KEY SAFETY PROVISIONS AND DEFINITIVE FACTORS IN SPORT TOURISM

Danielyan Suren Akopovich

Armenian State Institute of Physical Culture and Sport, Yerevan, Armenia

Abstract. Extreme travelling, especially extreme and sport tourism, continues to grow on a year-to-year basis. First of all, this is promoted by the progress of science and technology and the appearance of new types of outfit. At first glance the situation seems strange as it becomes easier to travel, but the dangers in route don't decline, moreover, they continue to increase. Nowadays, a little attention is paid to the security issues of ecological and adventure tourism, especially in the level of research.

Key words: tourism, accident, risk level, security, crisis, sustainable development.

Introduction

In the practice of world tourism there are cases when ignoring natural, social, epidemic and terrorist dangers has led to unpredictable consequences for tourists. According to a number of reputable organisations – Federal Emergency Management Agency (FEMA), International Search and Rescue Advisory Group (INSARAG), International Climbing and Mountaineering Federation (UIAA), the number of the accidents in Sport Tourism is growing by 13–17 %. According to the analyses of the Ministry of Emergency Situations of RA made in 2019, in the period of 2016–2020 the number of car accidents increased annually by about 8–10 % and in 2020 we actually had a dynamic of about 30 % and an unprecedented activity in the field of adventure tourism. The peculiarity of modern tourism is its dependence on environmental conditions. The tourism requires economic, political and social stability. When there are risks of war, terrorism and epidemic there is a sharp decline in tourism. Striking

examples of these are the “April War” provoked by Azerbaijan in 2016, the seizure of the police building by a group of members of the “Sasna Tsrer” party in 2016, and finally the epidemic COVID-19 raging since December 2019. The tourism in Armenia experienced a real shock after the 44-day war. The hotels, transport sector, catering places, the constituent elements of types of extreme tourism and, accordingly, the guides were in a deep collapse. Currently, there are very few analytical and scientific research devoted to tourism safety issues, especially about the impact of negative factors on the growth of tourism. Our country currently lacks a functioning tourist safety system, i. e., tourist safety is ensured for the most part by instructors/guides. This is one of the reasons why a profession with a high level of education and a long-term professional approach is launched at Armenian State Institute of Physical Culture and Sport (ASIPCS). One of the features of the Master's degree program developed by our working group will be the emphasis on tourism

safety as part of university studies. In this Master's degree program the students will acquire the necessary competencies which will enable them to organise safe tourism routes in real time to address possible dangerous situations of both an objective nature and subjective significance (Suvaryan, 2014).

Relations arising in the sphere of tourism of the RA are regulated by the RA Constitution, the RA Urban Planning Code, the Law on Tourism and other legal acts (Armenian Legal Information System, 2015). There are a few important initiatives to be noted scheduled for 2019-2020. The first is the decision of insurance companies to insure sport tourism, the adoption of a law on tourism and mandatory registration of participants in sport tourism after appropriate security guarantees from the Ministry of Emergencies. In our opinion, these steps will significantly improve safety and help reduce accidents (Armenian Legal Information System, 2003).

In our opinion, safety in sport tourism consists of three components:

1. Individual safety of tourists,
2. Security of their property and equipment,
3. Safety of the environment in which tourists travel, i. e., the safety of natural resources used for tourism.

In practice, the security system in tourism has a broader meaning. After all, emergencies are not only dangerous in terms of direct damage from an accident, but also in terms of economic consequences and a drop in demand for regional tourism. In this case, the economic damage and cost of restoring consumer confidence is so high that it can lead to the collapse of tourism in the region (Alexandrova, 2001).

For example, in 1989 in France, before the invasion of Kuwait-Iraqi forces, 18,000 groups and 50,000 individual tours to different destinations were cancelled. According to international tourism estimates, after the "Desert Storm" operation Europe ended 1991 with zero growth and Italy, the UK, Germany and Switzerland with negative growth. Tour packages of 5 million tourists from the United States were reduced. The terrorist attacks of 2001 in the United States resulted in a threefold reduction in the demand for international air travel.

Compliant to the Legislation of the Republic of Armenia, tour operators and travel agents are obliged to provide tourists with comprehensive answers about the peculiarities of the trip and the possible dangers involved, as well as precautions to ensure the safety of tourists. Similar requirements are also imposed on tour operators in other countries. For example, in December, 2001 in Switzerland a guilty verdict was handed down against the management of the youth tour operator World of Travel in the manslaughter of 15 foreign tourists and three guides caused by heavy rain in a narrow canyon in the Swiss Alps. The tour operator failed to warn them in time about the possible deterioration of the weather.

The state ensures the rights and legitimate interests of tourists in accordance with the current legislation of the RA and international treaties of the RA. The state is

obliged to take all measures to ensure the protection of the legal rights and interests of the RA citizens performing outbound tour trips.

When providing tourist services, it is necessary to ensure an acceptable level of risks for the health and life of tourists.

Obviously, it is extremely difficult to measure the level of acceptable risks, not only for types of tourism, but also for different people.

In tourism practice, when analysing dangerous situations, the term "accident" is often used. It can be defined as the unforeseen injury or death of a person as a result of unexpected injuries during a tour.

According to a UNDP (United Nations Development Programme) study, there are 147 million fewer international arrivals in the first half of 2021 than in the same period in 2020, or 460 million fewer than in the same period of 2019. In each region, Asia and the Pacific the largest declines were recorded: approximately – 95 %, in Europe: – 85 %, then Near East: -83% and Africa: – 81 %. A relatively smaller decline was recorded in the United States: – 72 %. According to the UNDP studies made earlier by the experts, a 50 % recovery of the tourism (compared to 2019) is expected in 2022 and 100 % recovery in 2024. However, experts also note that in parallel to the spread of vaccination the safe and responsible resumption of tourism will depend on the response to travel restrictions, standardized security arrangements and systematic communication between countries.

Types of tourist hazards

The main problem in identifying hazards in tourism is the lack of targeted work with tourists to analyse accidents. For example, accidents during the transportation of tourists, fatal accidents at sea and in the mountains are recorded by the relevant services of the country [4]. While almost everyone knows about fatal injuries, only one in ten injuries of medium severity are counted, and minor injuries and accidents that do not result in tragedy are known only to a small circle. All this makes it impossible to identify hazards in all types of tourism and to conduct an in-depth analysis.

There is therefore no need to link accidents occurring in active and other forms of tourism activities to domestic accidents. Modern tourism is a multifaceted phenomenon, as tourism services are associated with numerous processes. Consequently, a disruption of one service system (e.g. catering) resulting in an accident (food poisoning) leads to a disruption of the entire tourism complex (falling tourist demand, sanctions, falling tourism revenues). However, most of the tourist accidents happen during the overnight stay: in "everyday" conditions (fire burns), in a hotel (water supply drop), in restaurants (burns or hot food poisoning), but not on a difficult route (Birzhakov, 2000).

This is the psychology of a holidaymaker. In an attempt to take a break from everyday life, a person becomes irrational, careless and carefree. This situation is also fostered by tourists' belief that their own safety problems are the business of those who are paid to do so.

In addition, local tourists, especially abroad, have a desire to eat what they have paid for, pay as little as possible but have a good holiday, and they are careless about hygiene and their own health.

Conclusion

The extreme nature of travel increases from year to year, especially in extreme tourism and sport tourism. First of all, this is fostered by scientific and technological progress and the arrival of new types of equipment. At first glance it seems paradoxical: travelling becomes easier, but the danger along the route not only doesn't decrease, but increases much more.

Currently, very little attention is paid to the safety issues of ecological and extreme tourism, especially at the research level. We expect that the formation of a Master's Program in sport tourism at ASIPCS aimed specifically at safe organisation in the extreme tourism will significantly protect this field from emergencies and will serve as a good basis for an academic approach in educational campuses of the RA.

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Data availability statement

The data that support the findings of this study are available from the corresponding author upon reasonable request.

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Conflict of interest

Author has no conflicts of interest to declare.

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ВЛИЯНИЕ БАЗОВЫХ СИЛОВЫХ УПРАЖНЕНИЙ НА ФИЗИЧЕСКОЕ СОСТОЯНИЕ ШКОЛЬНИКОВ СРЕДНИХ КЛАССОВ

Дворкина Наталья Ивановна, Дворкин Леонид Самойлович, Головкин Пётр Вячеславович

Кубанский государственный университет физической культуры, спорта и туризма, Краснодар Россия

Аннотация. В течение шести месяцев в экспериментальных исследованиях принимали участие школьники средних классов ($n = 12$), посещавшие фитнес клуб два раза в неделю по 40–60 минут для занятий в группе атлетической гимнастики, на основе использования базовых силовых упражнений, с целью повышения эффективности развития их физического состояния. Подростки контрольной группы сверстников ($n = 12$) занятия в фитнес клубе не посещали. Под физическим состоянием понимается интегральный показатель, в котором учитывалась физическая подготовленность, физическое развитие и функциональное состояние сердечно-сосудистой и дыхательной систем. Было установлено, что занятия атлетической гимнастикой более выражено повлияли на уровень развития физического состояния школьников экспериментальной группы по отношению к сверстникам контрольной группы, в частности за шесть месяцев ОГК у школьников экспериментальной группы увеличилась на 4,27 %, а в контрольной группе – на 0,67 %, соответственно: обхватные размеры плеча 11,05 и 3,98 %, бедра – на 6,64 и 2,7 %, голени – на 6,43 и 2,75 %, шеи – на 8,69 и 3,14 %, сила кисти – на 11,13 и 7,3 %, гибкость – на 32,39 и 10,41 %, жим лежа – на 14,03 и 7,3 %, МПК – на 26,44 и 10,81 %, проба Штанге – на 14,85 и 5,39 %, проба Генча – на 16,81 и 7,16 % и ЖЕЛ – на 6,47 и 2,19 %.

Ключевые слова: физическое состояние, школьники средних классов, атлетическая гимнастика, физическая подготовленность, физическое развитие и функциональное состояние.

THE INFLUENCE OF BASIC STRENGTH EXERCISES ON THE PHYSICAL CONDITION OF MIDDLE SCHOOL STUDENTS

Dvorkina Natalia Ivanovna, Dvorkin Leonid Samoilovich, Golovko Petr Vyacheslavovich

Kuban State University of Physical Culture, Sports and Tourism, Krasnodar, Russia

Abstract. For six months, middle school students ($n = 12$) took part in the pilot studies. They visited the fitness club twice a week for 40–60 minutes for classes in the athletic gymnastics group, based on the use of basic strength exercises, in order to increase