

## TALABA YOSHLARNI JISMONIY RIVOJLANISHIDA TURIZMNI VOSITA SIFATIDA ROLI VA AHAMIYATI

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### ANNOTASIYA

Ushbu maqolada talaba yoshlarni jismoniy tarbiyasida “Alpomish” va “Barchinoy” dasturini ro‘li va ahamiyati bayon qilingan, shuningdek turizmni talaba yoshlarni jismoniy rivojlantirishda sog‘lomlashtiruvchi vosita sifatida samaradorligi ko‘rsatkichlarda akslantirilgan.

**Kalit so‘zlar:** dastur, turistik sayr, maxsus testlar, vosita, nazorat, Alpomish, Barchinoy, jismoniy rivojlanish, jismoniy tayyorgarlik, funktsional, test, natija.

### ABSTRACT

This article describes the role and significance of the programs "Alpomish" and "Barchinoy" in the physical development of teenage students, and also describes the indicators of the effectiveness of tourism as a health-improving tool in the physical development of students.

**Keywords:** Program, touristic travel, special tests, tool, control, Alpomish, Barchinoy, physical development, physical training, functional, test, result.