

Development of sports tourism on the territory of Kazakhstan for the development of a healthy lifestyle among the younger generation on the example of rock climbing

Desarrollo del turismo deportivo en el territorio de Kazajstán para el desarrollo de un estilo de vida saludable entre la generación más joven con el ejemplo de la escalada en roca

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Abstract. The study of effective approaches to the development of sports tourism is an extremely relevant issue for a number of developed countries, including Kazakhstan. The purpose of this study is to analyse effective means and mechanisms affecting the development of sports tourism in Kazakhstan, in particular, in the context of rock climbing. Based on this, a number of methodological tools were used in the study to investigate all the necessary aspects of the issue. Among them, the following should be highlighted: methodological approaches, namely functional and systemic, the method of analysis and synthesis, comparison, deduction, and generalisation. As for the results obtained in the work, they are quite thorough since they disclose both the theoretical and practical components of the subject under study. Accordingly, the general theoretical concepts that are the basis of the object of study are investigated in the theoretical one, and their properties are also established based on a connection that arises between them. In the practical part, approaches to the development of such a category as sports tourism in Kazakhstan were directly analysed on the example of rock climbing and determining its impact on young citizens. The practical value of the study consists in the possibility of its use for the preparation of plans for the implementation of extracurricular activities in educational institutions and as sources for in-depth consideration of other aspects of the subject under study. In future studies, it would be advisable to identify the factors that most affect the development of physical fitness of school-age children.

Keywords: sport, physical development, climbing, special physical training, hiking

Resumen. El estudio de enfoques eficaces para el desarrollo del turismo deportivo es una cuestión de gran relevancia para varios países desarrollados, entre ellos Kazajstán. El propósito de este estudio es analizar los medios y mecanismos efectivos que afectan al desarrollo del turismo deportivo en Kazajstán, en particular, en el contexto de la escalada en roca. Basándose en esto, en el estudio se utilizaron varias herramientas metodológicas para investigar todos los aspectos necesarios de la cuestión. Entre ellas, cabe destacar: los enfoques metodológicos, a saber, funcional y sistémico, el método de análisis y síntesis, la comparación, la deducción y la generalización. En cuanto a los resultados obtenidos en el trabajo, son bastante completos, ya que revelan tanto los componentes teóricos como prácticos del tema estudiado. Así, en la teórica se investigan los conceptos teóricos generales que fundamentan el objeto de estudio y también se establecen sus propiedades a partir de la conexión que surge entre ellos. En la parte práctica, se analizaron directamente los enfoques para el desarrollo de una categoría como el turismo deportivo en Kazajstán, tomando como ejemplo la escalada en roca y determinando su impacto en los ciudadanos jóvenes. El valor práctico del estudio consiste en la posibilidad de su utilización para la elaboración de planes de implantación de actividades extraescolares en centros educativos y como fuentes para profundizar en otros aspectos del tema estudiado. En futuros estudios, sería recomendable identificar los factores que más afectan al desarrollo de la condición física de los niños en edad escolar.

Palabras clave: deporte, desarrollo físico, escalada, entrenamiento físico especial, senderismo

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Introduction

Studying the category of sports tourism is a complex process, in particular, because it is based not only on the physiological indicators of subjects but also on the level of their intellectual development. Notably, in Kazakhstan, this type of tourism has been developing for a long time. However, to improve this process and increase its effectiveness, it is necessary to consider modern methods that will concern not only the adult but also the young part of the population. Therewith, the priority of consideration of this subject is disclosed in the fact that it has a greater impact on the state of physical development of children and adolescents in Kazakhstan. Based on this, the modernisation and development of the main approaches underlying the system of sports tourism will increase the dynamics of the process of forming a healthy lifestyle among young citizens. In this case, special attention is paid to the subject of this process, that is, children, who in turn are the younger generation of

the state, that is, its future (Herbold et al., 2020).

It should be noted that most of the functioning institutions, whose activity is to organise children's and youth tourism, use outdated methods and means in their approaches, which in turn does not give the desired result (Santos et al., 2023). Moreover, there is an increasing trend that a considerable part of state children's and youth tourism organisations and specialised camps aimed at developing tourist abilities are being closed due to lack of funding or non-compliance with the necessary conditions that apply to them. Based on this, it can be noted that the issue under study is a very high priority for society (Karvunis & Kapilevich, 2020). Notably, this study was carried out within the framework of the Kazakh Academy of Sports and Tourism, which allowed for a more particular consideration of a certain number of factors and statistical data on this subject. Thus, based on the provisions on which this educational institution operates, it should be confirmed that the active development of sports tourism in the country contributes not

only to an increase in the activity of the implementation of classes in certain sports and tourism circles but also reflects on the level of self-affirmation of children and adolescents, which is accompanied by the development of leadership qualities in them, as well as the desire to preach a healthy lifestyle (Bender & Koller, 2020).

Sports tourism is a key category of tourism in Kazakhstan, with a high potential for development. The development of sports tourism in Kazakhstan is influenced by a variety of limiters and trends, including the adoption of robots and smart systems, expanding the applications of digitalization and big data, improving the efficiency of the industry's resource management, improving service environmental requirements, and changing the queries and requirements of the Y generation (Gharibzadeh et al., 2023). Kazakhstan has invested heavily in developing world-class sporting facilities and infrastructure, such as stadiums, arenas, and training centers. These facilities have hosted international sporting events like the 2011 Asian Winter Games, the 2017 World Expo and Astana Open in tennis.

Sports tourism fosters cultural exchange as athletes and fans from different countries converge in Kazakhstan. This can promote cross-cultural understanding and strengthen diplomatic ties, especially when international competitions are hosted. Sports tourism can also lead to the development of niche tourism segments, such as adventure sports tourism, e.g., mountain biking, hiking, skiing, rock climbing (Batyrbekov et al., 2022). These niches can attract specific groups of sports enthusiasts and generate specialized tourism services. The sports tourism industry can have a substantial economic impact on Kazakhstan. It generates revenue from tourism-related activities such as accommodation, dining, transportation, and merchandise sales. This additional income can stimulate local economies and create job opportunities (Ketners, 2020).

Special attention should be focused on the fact that in this study, the development of sports tourism and the attraction of children to physical development was considered based on rock climbing classes. Such a choice is not accidental since this type of activity affects the development of a child's physical abilities, in particular, speed, flexibility, coordination, strength, and such important personal qualities as fortitude, endurance, reaction speed, and the ability to quickly adapt to new conditions (de Moraes Ovand et al., 2023). It is the latter who are responsible for the choice and observance of a healthy lifestyle by the child in the future. Based on this, it can be established that the study of such sports activities, which is one of the constituent elements of sports tourism, will allow establishing the main features and properties that play a considerable role in the course of both physical and psychological development of children and adolescents (Abishev et al., 2021; Climbing for children..., 2021).

Analysing the above, it should be emphasised that the main purpose of this study is to investigate the regularity of the influence of the development of sports tourism in Ka-

zakhstan, in the context of rock climbing, on the development of the desire to pursue a healthy lifestyle in the minds of young citizens. This allows establishing the main tasks in the work, namely: to analyse the theoretical structure of the main general theoretical concepts; to investigate their properties and signs; to consider the main factors influencing the choice of children of a healthy lifestyle; to investigate the role of rock climbing in this process.

Materials and Methods

Analysing the object of this study, it should be noted that it is multidimensional since it touches different spheres of public relations. In particular, it should be noted that the study of each of them is a rather complex process, which in turn requires the involvement of a wide range of methodological tools. Two methodological approaches, functional and systemic, played vital roles. The functional approach provided the organizational framework by determining the study's structure, formulating tasks, and defining its purpose. It also facilitated the division of the research process into distinct stages for better tracking and analysis. On the other hand, the systemic approach ensured internal consistency and interrelatedness within the study, allowing for a comprehensive examination of the research question. Together with various methodological tools, these approaches contributed to a thorough exploration of both theoretical concepts and practical implications, shedding light on the influence of sports tourism, especially rock climbing, on the lifestyle choices of young citizens in Kazakhstan and its broader impact on physical, intellectual, and personal development.

Attention should also be paid to the method of analysis and synthesis since they formed the basis of the theoretical structure of the study. In particular, the method of analysis allowed dividing the general issue under study into several parts. In turn, this allowed studying each of them in depth, in particular, to establish the basic properties and the foundations on which they are based. The synthesis method, on the contrary, combined these elements into a single whole, forming the object of the study. Therewith, it provided an opportunity to determine the relationships that unite these components. The comparison method played an important role in the course of the study. Its essence in this study is disclosed in the context of comparing the factors influencing the development of sports tourism in Kazakhstan. In addition, due to the comparison method, the role of rock climbing as one of the factors reflected in the process of forming a healthy lifestyle among young citizens was established. In addition, it should be noted that the logical structure of the study is fully based on the method of deduction. Accordingly, the consideration of the object of this study was carried out from the general to the particular. Thus, at the beginning of the study, the definition and properties of the main theoretical concepts, namely sports tourism, healthy lifestyle, rock climbing, were investigated. Accord

ingly, in the practical part, the level of correlation of these categories with each other is disclosed. In particular, the influence of the development of sports tourism on the physiological indicators of young citizens was determined, in addition, this process was analysed in the context of rock climbing.

To analyse the results obtained, the method of generalisation was used in the study. Moreover, based on them, it allowed forming concise conclusions and considering priority areas for further scientific developments. The study was conducted based on three stages. At the first stage, the main organisational foundations are defined, including the purpose and objectives. The analysis of the theoretical component of the study has also begun. At the second stage, the main practical aspects related to the issue under study were considered more particularly. The third stage analysed the obtained results and developed conclusions based on them.

Results

Analysing the current geopolitical conditions, it can be confirmed that the development of a full-fledged motivation of a person to pursue a healthy lifestyle is a rather complex and contradictory process. This is especially true for the category of young people who, accordingly, may not fully realise the benefits of such a choice. Therewith, special attention is paid to young citizens of Kazakhstan because they are the future of the nation, respectively, they are responsible for its development and prosperity. Nevertheless, based on the data of the Ministry of Health of Kazakhstan, it should be noted that over the past five years, there has been a dynamic increase in the incidence and prevalence of diseases of different classes, namely among young citizens. Therewith, at the moment, the most common in children and adolescents is the incidence of diseases of the blood and hematopoietic organs, as well as neoplasms and diseases of the genitourinary system (Basta et al., 2015; Wrobel et al., 2021). An equally acute problem for the development of society is the spread of morbidity among this category of persons with mental and behavioural disorders, which are usually provoked by the use of alcoholic, narcotic substances, and a number of other psychoactive substances (Nurtas et al., 2020). Based on this, it can be established that the active use of psychotropic substances by children and adolescents is usually caused by such a factor as social maladaptation. This is explained by the fact that when a person, especially a young one, is stably in unfavourable conditions for normal socialisation, the propensity to use the above substances only increases, as a result of which such persons can have a strong attraction to tobacco, alcohol, and narcotic substances, which certainly provokes the occurrence of numerous diseases (Klemmt & König, 2020).

Based on this, it can be established that the study of ways and approaches to the development of attraction in the younger generation and the pursuit of a healthy lifestyle is one of the foremost goals not only for the parents of such

persons but of the entire state. Thus, in this study, this process is presented through the development of sports tourism, namely rock climbing. The integration of Kazakhstan into the world community causes numerous changes in the educational sector, including the informal one, which includes children's tourism organisations and camps. This is explained by the fact that the main goal of the state should be the education of a healthy, modern, creative, capable of self-reflection, introspection, self-development, adapted to different living conditions of the individual, while not only within educational institutions but also in the field of extracurricular education. As for tourism, this sphere is certainly one of the most effective, capable of contributing to the development of children's and adolescents' skills and attraction to a healthy lifestyle. In addition, tourism allows developing the imagination of the younger generation about ways to spend useful leisure, as well as active and sports recreation associated with cold training of the body or relieving fatigue (Tomayko et al., 2021).

In addition, attention should be paid to the fact that the development of sharp contradictions is inherent in adolescence, both when communicating with peers and adults, which in turn is provoked by the emergence of new needs. The most common among them is the need for understanding, broad communication, self-development in a group of teenagers and adults, the desire to find love or a friend, the need for socialisation and physical development, which is formed in the process of overcoming obstacles, the need for time with nature (Pakhomova et al., 2021). Based on this list, it can be noted that sports tourism, especially rock climbing, can immediately satisfy several interests and needs relevant to the younger generation. Therewith, it should be understood that such a sport requires individuals to have a number of intellectual and physical skills. This is explained by the fact that the passage of certain routes involves the use of not only acquired techniques but also logic and ingenuity to choose the right direction or method of passing a particular obstacle. In addition, the influence of sports tourism on the attraction of the younger generation to a healthy lifestyle is also manifested in the fact that preparation for passing obstacles and climbing a cliff takes a long time, including theoretical issues. Based on this, it can be established that such consistency causes the development of sports and training habits in children and adolescents. Therewith, with continuous monitoring of loads, nutrition, equipment, individuals have a number of responsibilities that discipline them accordingly. In addition, children engaged in sports tourism need to combine both knowledge of performing physical techniques and the basics in the field of geography, local history, and topography.

Having analysed the general theoretical component of the categories of healthy lifestyle and tourism in the context of the development of the younger generation of Kazakhstan, it would be advisable to focus on their essence and properties. Thus, the concept of sports tourism can be characterised as a non-Olympic sport, the essence of which is to

overcome a certain route, which in turn contains obstacles of various nature, namely natural and artificial. Among such obstacles may be mountain peaks or passes, river rapids, specially created embankments, while the choice of their application depends on the particular type of such tourism. In addition, it should be understood that the passage of such a route involves the mandatory use of techniques acquired by participants during training and special tactical skills (Yang et al., 2020). Analysing the concept of sports tourism, it can be emphasised that this sport is quite complex, therefore it requires systematic training to form and support not only general but also special physical training. Therewith, the first is the development and improvement of such factors as endurance, strength, coordination of movements, reaction speed. As for special physical training, it should be understood that in addition to the development of the above qualities, they are aimed at developing the skills necessary for the chosen type of sports tourism. Therewith, the process of such training among children and youth should be developed considering the capabilities of a particular age category and their level of physiological development and individual characteristics. Thus, as a rule, training takes place through the organisation and conduct of short-term hiking trips, during which the younger generation acquires the necessary knowledge and skills and, accordingly, can immediately apply them (Mahajan et al., 2022).

As for climbing, it is one of the most extreme types of sports tourism, sometimes also called mountaineering. Particular attention should be paid to the fact that sports tourism as a field of activity for the most part brings comprehensive health benefits, in turn, rock climbing allows a person to further develop a number of important qualities. Among them are the physiological ones, necessary for climbing to the top, in particular the strength of the arms, legs, flexibility, coordination, as well as psychological ones, in particular, endurance, decision-making times, firmness of character, attentiveness, concentration. Thus, it can be emphasised that rock climbing in the context of sports tourism allows a person to carry out a versatile development, covering extremely important life factors of the individual. Therewith, analysing this type of occupation in the context of the younger generation, it should be noted that it is a priority since it allows them to develop their consciousness and, accordingly, can influence the choice of a healthy lifestyle (Aliyeva, 2022). As a rule, despite considerable physical exertion in the process of climbing a climbing wall or mountain, a child or teenager can get rid of the stress received from routine activities. As for the development of motivation in children and adolescents for physical and personal development in this way, it is certainly substantiated since before climbing a cliff, they must complete a full training course at a climbing wall (Rykiel & Pelic, 2021).

N. Batyrbekov et al. (2022) introduced an innovative educational path known as “Sports and primary wellness tourism” at the Kazakh Academy of Sports and Tourism. This program offers students the opportunity to pursue a

qualification in “Tourism instructor” within the broader 6B11101 “Tourism” curriculum. The curriculum includes specialized courses such as “Active forms of tourism”, “Psychological and ethical training for tourists”, “Children’s and youth tourism”, “Training methods for tourism instructors”, “Fundamentals of topography and terrain orientation”, “Specialized types of tourism”. These courses are designed to equip students with the skills needed to specialize as tourism instructors, enabling them to pursue careers in active tourism and rock climbing within Kazakhstan. Throughout their education in the “Sports and primary wellness tourism” track, students undergo qualification assessments for both categorized and non-categorized trekking activities in Kazakhstan, further enhancing their expertise in various forms of tourism.

It should be agreed that both in the process of preparation and directly passing routes and climbing rocks, children and adolescents have to endure considerable physical exertion. This is explained by the fact that, as a rule, such routes are quite long in distance and can vary depending on the particular features of the place, in particular, the terrain, the pace of movement, meteorological conditions, the weight of the backpack and equipment. Therewith, it should be understood that in this case the level of physical development is proportional to the development of personal qualities, one of which is endurance. This concept should be understood as the ability of a person, in this case, a child or teenager, to withstand continuous repetition of physical activity without changing its level of complexity. In addition, during the passage of the route with a certain load, there is the involvement of such parts of the body as complex areas of the muscles of the legs, arms, and torso. Based on this, it should be established that in the course of training, the development of these elements takes place, which indicates the complexity of training. Proceeding from this, it is necessary to agree that during the occupation of a child or teenager with sports tourism, especially climbing, the development of their entire body and the main muscle groups is carried out, which in turn provokes the development of a strong muscular corset and respiratory muscles.

Therewith, while practicing this type of sports tourism, it is necessary to be aware of all the risks since they are significant, which accordingly requires the coach or teacher to choose rational training programmes and develop routes for hiking. As for the competitions, they are usually organised and held on artificial climbing walls, but there can also be passages of routes on natural rocky terrain. In addition, it is important that hiking trips, the participants of which are children or teenagers, should be planned and prepared in advance. This is explained by the fact that it is on properly designed tracks that the younger generation will be able to fully unleash their sporting potential, while not harming their health. Thus, based on the analysed theoretical concepts and their features, it can be established that rock climbing is a subspecies of the general category of sports tourism. Therewith, at the moment, the development of

this type of activity is becoming increasingly popular among children and adolescents, especially compared to other game sports or activities. In addition, attention should be paid to the fact that the leading countries of the world are beginning to introduce rock climbing classes in school curricula and extracurricular institutions, which indicates the effectiveness of such a sport, both for the physical and personal development of the younger generation. Based on this, it can be established that the implementation of sports tourism, in the context of rock climbing, is a way to motivate children and adolescents to pursue a healthy lifestyle (Imangulova & Batyrbekov, 2022).

Discussion

Based on the theoretical analysis carried out in the previous part of the study, it should be noted that the category of sports tourism and healthy lifestyle are extremely related. Thus, considering the practical aspects concerning the subject under study, it is necessary to pay attention to the data on the dynamism of the development of sports tourism among children and adolescents. First of all, it should be noted that over the past 2-3 years, there has been a slight decline in this industry. The dynamic of the number of children who adhere to a healthy lifestyle is determined by the social features caused by the COVID-19 pandemic (Table 1).

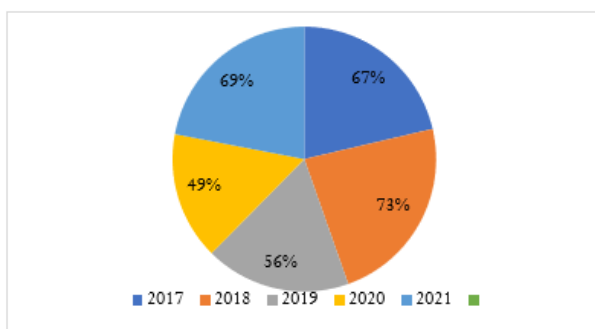


Figure 1. Percentage of the number of children who adhere to a healthy lifestyle

According to these data, it can be clearly determined that before and after the quarantine periods are quite stable, unlike 2019-2020, which were based on social restrictions. Based on this, it can be noted that quarantine restrictions have somewhat slowed down the development of sports tourism, in particular, among the younger generation in Kazakhstan, especially in the context of rock climbing. This is explained by the fact that for children to master this kind of sport, they need to spend a considerable part of their time on a climbing wall in a group of people, which accordingly contradicts the basics of the idea of quarantine and prevention of the spread of the disease (Li et al., 2022). Nevertheless, it cannot be argued that this sport was absolutely inaccessible to individuals, in particular children and adolescents. Accordingly, during the COVID-19 pandemic, a number of online projects were developed that allowed the younger generation and adults to acquire certain skills in

such sports (Marino et al., 2022). Therewith, with the reduction of quarantine, a number of sports hiking trips and outdoor competitions were organised in compliance with the necessary quarantine conditions. There is also an interdependence between the development of domestic and sports tourism since they have become linked as a result of the implementation of quarantine restrictions on travel abroad (Krawczyk, 2022). Accordingly, over the penultimate year, the percentage of departure from Kazakhstan decreased to 70% and domestic tourism increased by 64%. Based on this, it can be argued that citizens' interest in traveling within the country has definitely increased. In addition, considering the geographical conditions of Kazakhstan, rock climbing has acquired a special demand among both children and adults (Zhexenbayeva, 2021).

For example, in Spain – Active Tourism is a growing industry, but it faces a complex regulatory landscape with varying rules across different Autonomous Communities. Engaging in physical activities in natural settings comes with inherent risks, and there was previously no standardized procedure for handling accidents in active tourism (Cabal et al., 2022). To address this gap, an application tool has been created for all activities within this sector. This tool is grounded in the criteria that Active Tourism guides should consider. The tool outlines a five-step process to be followed from the moment an accident occurs until the activity concludes. This development involved a thorough review of relevant literature and consultations with a panel of experts (Cabal et al., 2022). These experts possess expertise in risk prevention, rescue operations, activity organization, and guiding in natural environments and active tourism.

As for sports tourism and its impact on children's choice of a healthy lifestyle, it should be agreed that this process is quite natural and substantiated. Thus, the involvement of the younger generation in sports tourism has a number of important goals that are a priority for both a particular person and society in general. Accordingly, such a sport integrates two areas, namely, the creation of a common system of sports and wellness tourism and its modernisation, as well as the development during the preparation and passage of routes, the pursuit of a healthy lifestyle, and the implementation of active recreation. Based on this, it can be established that children's and youth sports tourism is a complex movement of the younger generation aimed at the implementation of multidimensional development and improvement of both physical and personal qualities (Lundberg, 2022). In addition, attention should be paid to the fact that sports tourism provides teenagers with the opportunity to learn about the environment and factors affecting the change of the situation, in particular, during the route. Despite the fact that to a greater extent this kind of sport is aimed at the physical development of the individual, considerable attention should be paid to the process of their preparation, which in turn should be based on pedagogical foundations. Such increased attention is caused by the fact that their development and emotional state depend on the

chosen form and approach for interaction with the child (Sadagat, 2021). Moreover, considering the younger generation, in particular children and adolescents, it should be noted that it is at this age that the ways of establishing communication with the coach or other camp participants are reflected in the process of forming their personality. These features are usually conditioned upon their natural changes in the body and psycho-emotional state, which are characteristic of a certain age (Karvunis et al., 2021).

Moreover, a number of other additional knowledge and skills are being improved, including dexterity, flexibility, and reaction speed. All of them are based on an active perception of these environmental conditions, as well as mastering new motor actions and skills that are aimed at restructuring the established algorithm of motor activity of children and adolescents, depending on changes in the environment in which they overcome the route (Sergeyeva et al., 2022). Therewith, it should be noted that to achieve the maximum and effective health-improving result from sports tourism and rock climbing, it is necessary to observe the proportionality between such categories as the character and form of physical activity, and, accordingly, the current state of health and physical development and age and individual characteristics of children and adolescents. Based on this, it should be emphasised that such sports and physical training should be based on the principles of individuality, proportionality, complexity, continuity, and consistency (Song et al., 2020).

Therewith, as already mentioned in the study, sports tourism to a certain extent performs a health-improving function since this process is aimed at developing the health of the younger generation, which, accordingly, is the future of the nation. Despite the fact that during the passage of the route children undergo considerable physical activity, they will benefit from it. This is explained by the fact that such a load is evenly distributed, depending on the individual indicators of the child, while it is broken down in time and also constantly alternates with rest (del Pilar Leal Londoño et al., 2021). However, one of the most important goals of sports tourism classes is to teach children and adolescents the skills of a healthy lifestyle. Accordingly, this process is aimed at developing and consolidating applied knowledge and skills, including terrain orientation, coordination, overcoming natural and artificial obstacles, and organising teamwork. Admittedly, it should be noted that all these qualities can be formed only through tourism, especially sports (Jiménez-García et al., 2020).

In addition, due to the constant interaction with natural resources, children and adolescents have a craving for studying the environment and its skilful use. In particular, it can include fresh air, sunlight, water, which are elements of sports tourist routes (Stepanchuk et al., 2016). Moreover, during the climbing class, the knowledge of various rocks and their features occurs, which also allows the persons who are engaged in them to develop comprehensively. Based on this, it should be emphasised that such use of natural elements can inspire children and adolescents to pursue a

healthy lifestyle. Therewith, to increase the level of health and preventive effects from these classes, it is necessary to modify the forms and methods of using natural resources, in particular, to change the usual stay in the air to various climate-hardening classes, among which there may be air and sun baths, as well as bathing at a favourable water and air temperature (Kelly, 2020). Thus, it should be noted that it is precisely such modified methods and approaches that will comprehensively affect both the physical development of the younger generation and their nervous and endocrine systems, which are priorities for this age category. Based on this, it can be noted that sports tourism is indeed an effective and priority means that will help to educate a healthy and motivated citizen pursuing a healthy lifestyle.

For sports tourism, particularly activities like rock climbing, it is imperative to consider the developmental readiness of children and adolescents. Physically, they should have reached a level of strength and coordination necessary to handle the physical demands of climbing safely. Emotionally, they should possess the maturity to cope with the stresses and fears that can arise in high-risk situations. This is explained by the fact that to successfully overcome a number of obstacles, both natural and artificial, one needs to be physically prepared, strong, enduring, agile, and also have developed body coordination, which provokes the development of the entire system of complex skills and abilities (Kenzhebekov et al., 2021). In addition, such sports tourism is an important tool for the education of children and adolescents, the development of their personality and individual qualities that will allow them to successfully socialise and contact with others, in particular, while working in a team. Finally, it can be said that engaging in a certain sport and pursuing a healthy lifestyle forms a comprehensively developed person who is a conscious citizen and contains spiritual wealth, moral purity, and physical perfection in their mind.

Conclusions

After the conducted study, a number of important results were obtained, in turn disclosing both the theoretical and practical components of the issue under study. Accordingly, much attention in the study was paid to the analysis of general theoretical aspects since they are the basis for describing the object of the study. Thus, the study defines a number of important concepts, namely a healthy lifestyle, sports tourism, rock climbing. Therewith, it should be noted that in addition to studying the essence of these categories, their properties and features were analysed in the study. This approach allowed focusing attention directly on the dependence of the choice of a healthy lifestyle for children on the development of sports tourism.

In addition, the study identified the main areas in which sports tourism is currently developing in Kazakhstan. Therewith, it is important to pay attention to the fact that the study analysed the current conditions of public life, in particular, the impact of the COVID-19 pandemic on the

field of sports tourism was established. Thus, it is necessary to establish that the plans and programmes for its development have changed somewhat over the past 2-3 years, nevertheless they are as high-quality and effective as before the introduction of quarantine restrictions. An important part of the work was devoted to the question of the spheres of influence of sports tourism and especially rock climbing on the consciousness and perception of the younger generation. Therefore, it is necessary to establish that the process of development of sports tourism in Kazakhstan plays an extremely important role in the choice of lifestyle by children and adolescents. Thus, it disciplines them while developing physical, intellectual, and individual qualities of personality and forms craving for nature and its phenomena. Based on this, the subsequent studies on this subject should include the in-depth study of the public reasons affecting the physical fitness of the younger generation.

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