

## USING THE NATURAL AND RECREATIONAL POTENTIAL OF THE REGION IN PHYSICAL AND HEALTH ACTIVITIES

### ВИКОРИСТАННЯ ПРИРОДНО-РЕКРЕАЦІЙНОГО ПОТЕНЦІАЛУ РЕГІОНУ В ФІЗКУЛЬТУРНО-ОЗДОРОВЧІЙ ДІЯЛЬНОСТІ

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#### Abstracts

Due to its physical-geographical features, climate conditions, natural-resource potential, and socio-economic conditions, Rivne Oblast belongs to regions that have favorable preconditions for tourism and recreation development. Almost all types of recreation are developed in the region: from sanatorium and resort treatment to leisure activities, and there are also favorable conditions for year-round development of various types of wellness physical culture. Therefore, it is relevant to characterize the natural resources of the Rivne region, which will help identify the prerequisites for recreational activities and determine measures for their effective use.

**The purpose** – to reveal the use of the region's natural and recreational potential in wellness activities using Rivne as an example.

**Research methods.** To achieve the outlined goal, the following research methods were used: analytical (study and analysis of regulatory, scientific, and methodological literature on this issue, Internet resources), synthetic (comparison, systematization, generalization of materials).

**Results.** A special value of the Rivne region is its unique natural environment. With the expansion of types and forms of physical education and recreation, it can be argued that the territory of the Rivne region has the potential to organize recreational activities and tourism. Recreational and tourist potential is the total productivity of explored natural resources and cultural values of the territory, which can be used for recreational purposes: for health improvement, recreation, and tourism. The main goal of the social project "Active Parks – Locations of Healthy Ukraine" is to involve people in systematic health training aimed at developing the basic motor abilities of a person. In order to implement the project within the framework of the educational process, the prospect of filling parks with activities was considered. The methodology for conducting physical education and recreation activities in the recreational zones of the city is presented: educational and health training and quest.

**Conclusions.** The conducted research demonstrated the importance of using the natural and recreational potential of the region in physical culture and health activities. In modern conditions, knowledge of the natural resources of the Rivne region and their characteristics contribute to the development of new forms and methods of conducting educational activities.

**Key words:** natural and recreational potential, Rivne region, physical culture and health activities, educational and health trainings, quests.

Рівненщина завдяки своїм фізико-географічним особливостям, кліматичним та соціально-економічним умовам, природно-ресурсному потенціалу належить до територій, що мають сприятливі передумови для розвитку туризму та рекреації. В області розвинені майже всі види рекреації: від санаторно-курортного лікування до відпочинку, а також наявні сприятливі умови для цілорічного розвитку різноманітних видів оздоровчої фізичної культури. Тому актуальним є здійснення харак-

теристики природних ресурсів Рівненщини, яка допоможе виявити передумови для рекреаційної діяльності, визначити заходи щодо їх ефективного використання.

**Мета** – на прикладі рекреаційних можливостей Рівного розкрити використання природно-рекреаційного потенціалу регіону в фізкультурно-оздоровчій діяльності.

**Методи дослідження.** Для досягнення зазначеної мети застосовувались такі методи дослідження: аналітичні (вивчення та аналіз нормативно-правової, науково-методичної літератури з цього питання, Інтернет-ресурсів), синтетичні (порівняння, систематизація, узагальнення матеріалів).

**Результати.** Особливою цінністю Рівненської області є унікальне природне середовище. З розширенням видів та форм фізкультурно-оздоровчих занять можна стверджувати, що територія Рівненської області має потенціал до організації рекреаційної діяльності та туризму. Рекреаційно-туристичний потенціал є сукупною продуктивністю розвіданих природних ресурсів та культурних цінностей території, які можуть бути використані з рекреаційною метою: з метою оздоровлення, відпочинку, туризму. Основною метою соціального проєкту «Активні парки – локації здорової України» є залучення людей до систематичних оздоровчих тренувань, скерованих на розвиток основних рухових здібностей людини. З метою реалізації проєкту в рамках освітнього процесу була розглянута перспектива наповнення парків активностями. Представлено методику проведення фізкультурно-оздоровчих заходів у рекреаційних зонах міста: освітньо-оздоровчого тренінгу та квесту.

**Висновки.** Проведене дослідження продемонструвало важливість використання природно-рекреаційного потенціалу регіону в фізкультурно-оздоровчій діяльності. У сучасних умовах знання природних ресурсів Рівненщини, їх характеристик сприяють розвитку нових форм та методів проведення освітніх занять.

**Ключові слова:** природно-рекреаційний потенціал, Рівненщина, фізкультурно-оздоровча діяльність, освітньо-оздоровчі тренінги, квести.

**Introduction.** The natural environment is an extraordinary wealth of the Rivne region, which creates a unique opportunity for the development of tourism and recreation potential. The term “recreation” (from the Latin *recreatio* – restoration) is ambiguous. In our work we adhere to the following definition: rest, recreation, cultural, cognitive, and other human activities in specially designated areas with appropriate infrastructure.

Recreation and physical training for different groups of the population cover all types of recreation [8; 10]. Restoring health, and increasing the level of working capacity through recreation in the bosom of nature or during a tourist trip with visits to parks, architectural monuments, museums is an integral part of life. For the successful development of recreation, a set of conditions is necessary. Since recreation combines health and cognitive goals, recreation areas should have natural conditions favorable for the health of young people (favorable climate, diverse relief with picturesque landscapes, water sources, etc.), and unique natural objects. It is desirable that the latter be combined with cultural and historical places. At the same time, it is necessary to create a set of conditions favorable for familiarizing vacationers with the features of nature, life and lifestyle of the population, cultural and historical values of the recreation region [8].

Recreational and tourist potential is the total productivity of explored natural resources and cultural values of the territory, which can be used for recreational purposes: for health improvement, recreation, and tourism [2]. However, as scientists (Yu. M. Vykhyayev, L. Yu. Dudorova, O. B. Konarivska, I. M. Korotun, V. Yu. Stelmakh, M. S. Yakovyshyna and others) note, the use of historical, cultural, and natural resources of the Rivne region, including for health purposes, is insufficient. This is primarily due to the lack of clear accounting, the appropriate level of advertising, the unsatisfactory state of infrastructure development, and – what is especially worrying – the poor preservation of monuments, due to lack of funding, as well as the lack of development of methods for involving historical and cultural heritage in the tourist and recreational sphere [4; 8].

Therefore, it is relevant to characterize the natural resources of the Rivne region, which will help identify the prerequisites for recreational activities and determine measures for their effective use.

**The purpose** – using the example of the recreational opportunities of Rivne to reveal the use of the natural and recreational potential of the region in physical education and health activities.

**Material and methods.** The theoretical basis of the study is the provisions of the theory of health-improving and recreational physical activity, as well as the provisions on health preservation. The information basis of the work was official sources of leading Ukrainian information resources. The methodological basis of the study is a set of the following methods:

- analytical (study and analysis of regulatory, scientific, and methodological literature on this issue, Internet resources);

- synthetic (comparison, systematization, generalization of materials).

*Analytical methods.* The study and analysis of regulatory, scientific, and methodological literary sources and the worldwide Internet network was carried out to create a complete picture of the state of the object and subject, as well as to fulfill the goal set for the study. Literature sources and documents were reviewed and analyzed, and the authors' own experience and educational material on teaching the disciplines "Recreation in Sports and Health Activities", "Theory and Technologies of Health and Recreational Physical Activity" were theoretically processed. Using Internet resources, the current state of the recreational potential of the Rivne region was determined.

*Synthetic methods.* Synthetic methods of scientific research were used to analyze the current official rules and regulations on recreational activities within the territories and objects of the nature reserve fund; information about the social project "Active Parks – Locations of Healthy Ukraine" was systematized. Parallels were drawn with data obtained by other scientists regarding the organization and conduct of physical culture and health activities.

**Research results.** The Regulation "On recreational activities within the territories and objects of the nature reserve fund of Ukraine" [2] states:

- "recreationalist – an individual who temporarily stays within the territory or object of the nature reserve fund and restores his mental, spiritual, and physical strength";

- "recreational activity – an activity carried out with the aim of restoring the mental, spiritual, and physical strength of people by creating conditions for their general health and cognitive recreation";

- "recreational resources – objects, phenomena, and processes of natural and anthropogenic origin, which can be used to organize recreational activities". "During treatment, recovery, and rehabilitation, recreationists use natural therapeutic resources and health-improving properties of forests, meadows, and reservoirs in order to restore their mental, spiritual, and physical strength" [2].

The social project "Active Parks – Locations of Healthy Ukraine" is the development of a navigation map of free recreational activities in parks and squares for the population. The main goal is to involve people in systematic health training aimed at developing basic human motor abilities [1]. That is, a person who visits the "Active Park" can count on preserving and strengthening their health, as well as reducing the negative impact on the body of one of the main risk factors – physical inactivity. In order to support the project within the educational process framework, the prospect of filling the parks with activities was considered.

Rivne Zoo is a zoological park of national importance established in 1982, with an area of 11.6 hectares. In 1998, the zoo was granted the status of an object of national importance. Today, the main part is occupied by the territory of an orchard and a forest, the area of which is 4.7 hectares [7]. Also, a place of health and recreational activities for the city residents is the park of culture and rest named after T.G. Shevchenko, located in the city center on an area of about 32 hectares. The park, a monument of landscape art of national importance, was founded at the end of the 18th century. The park has about 5.540 trees and 14.200 bushes. At the beginning of the 2020s, the age of individual trees reached 160–210 years [7]. There are 160 species of trees and shrubs, many of which are exotic – North American (Engelmann spruce, Weymouth pine, Bignoniaceae catalpa, maple, red oak), Far Eastern (Amur velvet), Southern European (European forsythia, edible chestnut, evergreen boxwood), species from China, Japan, and Central Asia (eastern biota, Sulanja magnolia, tall ailanthus, Japanese quince) [7].

We describe the methodology for preparing and conducting excursions and educational and

health training in the recreational areas of Rivne. As part of the educational components, in parallel with studying the lecture material, applicants get acquainted (sometimes virtually) with excursions around the city, which can be included in the plan for conducting educational and health training. These excursions are reviewed (feedback) and discussed during laboratory classes (each expresses his opinion on the content and methodology of conducting the excursion). The next stage of training is associated with independent preparation of an excursion on the given topic and its conduct and further discussion in laboratory classes. The task for independent work includes drawing up a map of the excursion object. Information (or tasks) about conducting excursions is proposed to be entered into special electronic cards, which are good reference material for organizing educational and health training. The card may also include other information that characterizes the excursion object (photographs, drawings, diagrams, etc.).

*The purpose* of the educational and health training in the Rivne Park of Culture and Recreation named after T. G. Shevchenko is to introduce new forms of health-improving physical activity of young people, performing quest tasks, and getting acquainted with the flora of the park. *Tasks*: 1. To reveal the use of the recreational potential of the territories of Rivne in solving educational tasks. 2. To promote the development of intellectual and physical abilities of higher education students during physical activity.

Includes the following pedagogical activities:

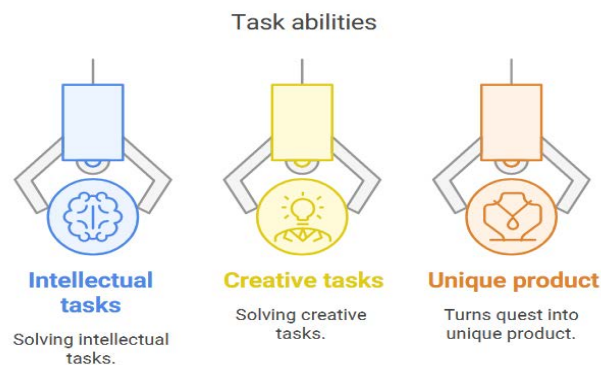
- *theoretical course* – topic: “Use of the natural and recreational potential of the city in sports and health-improving activities”;
- *practical course* – training and formation of higher education students’ skills and abilities in organizing and conducting events that advertise and promote a healthy lifestyle, recreational opportunities of the city (quest game, getting acquainted with the flora of the park, filling out cards);
- *scientific and research activities*, based on the results of which applicants prepare theses, articles and reports for student conferences.

During training sessions, interactive teaching methods are used: to provide information –

messages, mini-lectures; to express the personal opinions of the training participants and identify logical connections – discussions; to actively exchange informational experience – discussions. Trainings provide an opportunity to create a situation of success, to participate on a voluntary basis and independently determine one’s own pace of development, to actively apply the acquired theoretical knowledge in practice, to explore complex issues and problems in the conditions of modeling situations close to real life [6; 12; 13].

Substantiation of the essence of the quest as a means of activating the skills of cognitive and recreational and health-improving activities of applicants. Quest (*from the English. quest – search, adventure – adventure*) – a game that requires participants to solve certain tasks to move along the plot, route [9]. Advantages of quest game (Figures 1, 2):

- The ability to introduce various tasks allows not only solving countless intellectual and creative tasks, but also turns each quest into a unique product.

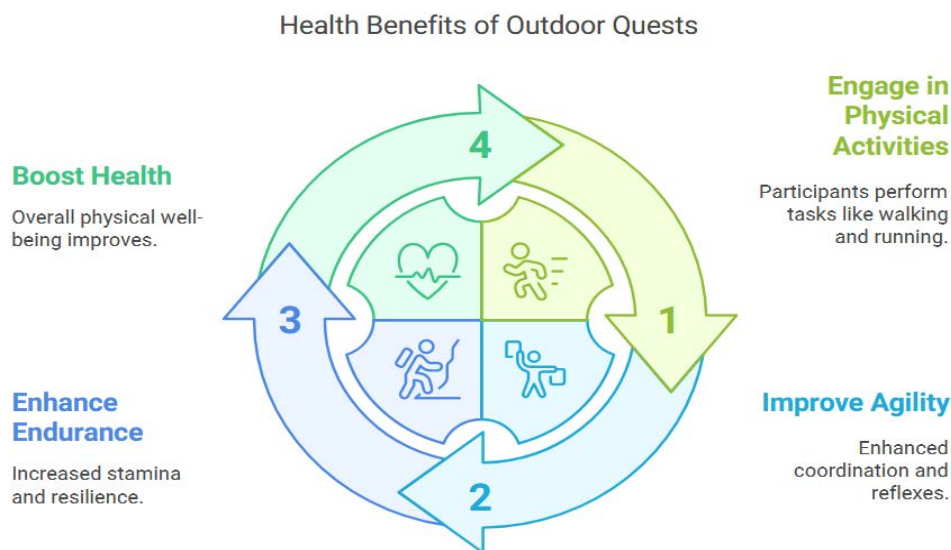


**Fig. 1. Advantages of quest game**

- Quests require agility and endurance. If the game is held outdoors, tasks involving walking, running, climbing, throwing, jumping, and balancing are included, thus improving the participants’ health [5; 9].

Given that the quest is an amateur sports and intellectual competition, the basis of which is the sequential execution of previously prepared tasks by teams or individual players, it is possible to determine the sequence of actions of the game





**Fig. 2. Advantages of quest game**

participants, namely: during the game, teams solve logical tasks, search the terrain, build optimal travel routes, look for original solutions and clues. After completing one task, the teams move on to the next. The team that completed all the tasks faster than the others wins.

Table 1 presents terms and their interpretations in order to clearly define their meaning and distinguish them during the game.

***The content line of the quest game***

*The purpose* – to generalize and consolidate theoretical knowledge and practical skills in organizing recreational physical activity of student youth; to stimulate cognitive activity in the use of recreational facilities in the Rivne region; to form skills of independent work; to cultivate a health consciousness. In addition, the purpose

of the quest game is to provide participants with information about health and a healthy lifestyle, to prove the priorities of health among other human values, and to introduce new forms of physical activity.

*Form of conduct:* intellectual and developmental quest game.

*Equipment:* cards with tasks, map of the area, electronic map of the route.

*Duration of the game, participants:* 1 hour (including movement); 40 minutes – for completing the task; two groups (teams) of applicants.

*Venue:* T.G. Shevchenko Park of Culture and Recreation in Rivne.

*Time of conduct:* outside of class time.

*Preliminary preparation:* familiarization with safety precautions when moving from the insti-

Table 1

**Quest Game Terminology**

<b>Terminology</b>	<b>Explanation</b>
Participant, player	A person taking part in the game.
Quester	A player in a type of quest.
Captain	A mandatory team member representing their interests to the organizers.
Team	A voluntary group registered to participate in the game.
Scenario	The set of tasks, the sequence of which is unknown to the participants and is determined during the course of the game.
Task	A stage of the game, consisting of one or more tasks.
Map	A map of the area.
Checkpoint (CP)	A point used to verify the team's presence at a task.
Completion time	The time spent to complete the entire game.
Ranking	A quantitative measure (or measures) of a team's participation in the game over a given period.

literature: <https://vippp.org.ua/files/conference/-1639732907732613.pdf>.

tute building to the park, within the park, and returning to the building after completing the quest game; making cards with tasks to complete; preparing an electronic map of movement through the park.

**Rules of conduct:**

*Introduction, guidance for action* is agreed upon during the laboratory session – time frame of the game, introduction to the content of the quest as a whole.

*Description of the work procedure* that participants must perform while completing the route (can be noted at the beginning of the game). Having received cards (3–5) with tasks, each quester must find the name of a tree or shrub “encrypted” on the card, take a photo (separately with each plant) and, following the route, arrive at the location of the deployment. Determine the result that the team should receive after completing the task.

*Conclusion.* The tasks and the time spent on their completion are evaluated. Analysis of the experience gained by the participants.

**Discussion.** The results of the literature analysis prove that most specialists, when interpreting the concept of physical recreation, put motor activity, the process of using physical exercises, as well as natural factors that enhance the effectiveness of their use, in the first place [11; 14; 15]. The purpose of the presented study by scientists V.G. Bilyk, O.V. Omelchuk, G.P. Megalinska [3] is the theoretical justification and experimental verification of the effectiveness of natural science coworking as a means of forming the readiness of future physical recreation specialists for safe behavior in the ecological environment.

Our research complements the scientific developments of V.Yu. Stelmakh [8], who characterized the recreational potential of the Rivne region, as well as the main natural and historical and cultural recreational objects. The author is confident that the characteristics of recreational objects that are worthy of tourists’ attention will be useful in the development of recreation in the Rivne region.

Drawing a parallel with the data obtained by other scientists shows that the optimal form of recreational activity is considered to be the

complex use of various (with a predominant mental or physical component) forms of recreational activity. However, it should be emphasized that modern man, given the conditions of his educational and life activities, needs primarily physical recreation, which should become an organic component of the lifestyle, give pleasure, joy, pleasantness, reduce the impact of stress [4; 13–15]. The results of our own research confirm the opinion of scientists about the importance of play in recreational activity, in which a person satisfies cognitive, communicative, aesthetic needs. With the help of the directed use of game forms of leisure, educational tasks are performed, and cultural values are introduced.

**Conclusions.** The conducted research confirms that the Rivne region is a territory capable of impressing with its natural and historical and cultural objects, but it is not sufficiently developed from the point of view of recreation and tourism and awaits further research. With the expansion of types and forms of recreational activities, it can be stated that the territory of the Rivne region has the potential to organize recreational activities and tourism. It was determined that the main goal of the Social Project of the President of Ukraine “Active Parks – Locations of Healthy Ukraine” is to involve people in systematic recreational training aimed at developing basic motor skills. A methodology has been developed and a plan for conducting physical education and recreation activities in the recreational zones of the city – educational and recreational training and quest games has been presented.

The results of the research can be used in further studying the natural and recreational potential of the region; in physical education and recreational activities; development of new technologies and their implementation in educational work.

**Information on conflict of interest.** There is no conflict of interest.

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