

CHEER SPORTS AND CHEERLEADING

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The authors consider animation and game tourism as one of the important areas of tourism. During the study, it was found out that animation and gaming activities are actively used in modern tourism. Due to the fact that the quality of tourist services is improving and the number of services is expanding, this area is actively advancing and its income is growing.

Keywords: *tourism, animation tourism, game tourism.*

Relevance of the topic. Cheer sports and cheerleading are a fairly young sport, and a very fast-growing one at the same time. Nowadays this sport is popular among young people thanks to various teen films and TV series. It is thanks to its popularity that there is an increase in young athletes in this sport. The combination of synchronized choreography and complex acrobatic elements makes cheerleading a very spectacular sport that will not leave anyone indifferent. However, at present there are few research works on this topic, which gives great prospects in the study of this sport.

The relevance of the study of this topic is that in Russian cheerleading there is no established methodology for training athletes that would be scientifically substantiated, which can lead to injuries to athletes during training, as well as a lag in the development of this sport in Russia compared to other variations. Trainer personnel and methodological literature for high-quality training of athletes without harm to their health are also insufficient. Judging in modern Russian cheerleading is also insufficiently developed and stabilized, which limits the possibilities of broadcasting. Now, during the active development of this sport, its popularity is growing all over the world, and the number of people involved in cheerleading is increasing. Accordingly, it is necessary to develop a high-quality methodology for training cheerleaders, as well as systematize the competitive system to ensure compliance between the level of preparedness of athletes and generally accepted competitions, as well as their level of complexity.

Also, the relevance of the study lies in the development of a competent model of competitive activity during training for athletes to practice actions in the conditions of real competitive and psychological

preparation of athletes. It is also necessary to develop a training model according to which it will be possible to prepare a drawing for performance at competitions, and try to timely introduce optimal characteristics during the preparation process.

Also relevant to this topic is to attract young people to sports and increase their overall level of health. And popularizing the sport through such a spectator sport as cheerleading is in many ways the main task. Children and the younger generation show an interest in physical activity, which is one of the main tasks of any state.

Problems raised by authors on this topic. The main problem put forward by the authors on the topic "Cheer sports and cheerleading" is the lack of methods for preparing athletes for competitions, as well as the lack of information and scientific and methodological literature in relation to the sport [1; 10; 11; 14; 15].

Another important problem is the lack of qualified refereeing, as well as the quality of refereeing in cheerleading. There is a need to create a scientific basis for a system of monitoring the quality of work of the judiciary [2; 5; 10].

Another common problem is increasing the level of interest in physical culture and sports in general among the country's young population (this includes preschool children, schoolchildren and university students). This problem is considered from the point of view of the development of physical exercises and the basic elements of cheerleading [3; 9; 12; 13; 16; 19].

- Also, studies on narrower topics have been conducted on this subject, for example:

- the problem of determining the model characteristics of competitive programs for competitive performance in international arenas [4; 6];

- the problem of incomplete understanding of the

criteria for physical fitness of different age groups in the discipline of cheerleading [17; 20];

– the problem of the methodology for assessing the sides of technical performances [2];

– the challenge of developing new ways to create cheerleading training programs based on the framework [18];

– the problem of the need to develop technical methods for rotating elements in competitive programs to enter world arenas [7];

– the problem of creating technical techniques for acrobatic elements in competitive programs for performances on world arenas [7].

Goals and tasks that the authors intend to solve on this topic. The main goal of all authors is to improve the educational and training process of athletes, to develop and put into practice new methods of training athletes. Some studies provide a narrower focus on goals.

The purpose of the research is to develop and experimentally apply a methodology for using additional means to develop synchrony [11].

Theoretical development and experimental substantiation of the methodology for constructing the training process at the stage of specialized training of the annual cycle [18].

Determination of model characteristics of rotational elements in competitive exercises of student athletes who won prizes at the 2018 World Championships in the discipline of cheer-freestyle-double [7].

Determination of model characteristics of acrobatic elements in competitions, etc. [5].

Some authors also highlight other goals, namely improving judging [10] creating criteria for the executive skills of athletes in cheerleading [2], as well as determining the degree of consistency of assessments as one of the indicators of the quality of judging at the Russian Cheer Sports Championship 2020 in group disciplines [8].

An important goal is the formation of both physical and psychological qualities of the individual [1; 3; 9; 13; 16; 19].

Also, the authors of some studies set the goal of forming the basic requirements for physical training in cheerleading disciplines of different age groups [17; 20].

Methods, means, materials used in the research. The methods and means used in research on the topic of cheer sports and cheerleading are quite diverse. Researchers use various methods and tools to obtain as much data as possible for research and obtain accurate results.

Questioning both at coaching courses for advanced training and at seminars for judges and coaches, carried out mainly in the Moscow Cheerleading Federation. Interviewing athletes to find out their views on the development of cheerleading in Russia and attitudes towards the training process [9; 10].

Organization of cheerleading classes, which consisted of theoretical and practical parts. The course included elements of choreography, acrobatics, gymnastics and dance. The organization of classes is carried out taking into account the level of physical development, health status, and level of physical fitness [3; 12].

Conducting control testing of athletes [9; 15].

Studying the literature on the construction of the main components of competitive programs in the acrobatic disciplines of cheer sports. Conducting testing in which two cheer sports teams aged from 17 to 22 years participated. Studying the evaluation of judges determining the quality of performance of elements of complexity of the exercise on the synchronization of the program as a whole. Carrying out statistical processing of the obtained data, highlighting conclusions and developing practical recommendations [11].

To obtain and calculate data, researchers use analysis of scientific and methodological literature, conduct pedagogical observations using video recordings, and apply methods of mathematical statistics [1; 6; 7; 8; 9; 13; 16].

Some researchers, in order to obtain as much data as possible for study, organize cheerleading sections for preschool children [3].

Others use methods such as determining requirements to identify specific elements, building a hierarchy of elements, with the help of which a direct transition to the implementation and development of these elements is carried out [15]

Also, one of the methods used in research is the analysis of parameters and criteria for assessing performance skills in cheerleading [2].

Theoretical analysis and synthesis of data, pedagogical observation, testing, questioning, mathematical and statistical methods, conducting a pedagogical experiment [1; 6; 7; 9; 13; 16; 18; 20].

Analysis of psychological and pedagogical literature, methods and forms of formation of volitional qualities, experiment, observations, quantitative and qualitative analysis of the data obtained [19].

Pedagogical observations from video recordings, on the basis of which a comparative analysis of the

competitive exercises of the Russian team and the winners of the 2018 World Championship among students in the mixed cheerleading discipline, namely the national teams of the USA, Japan and Chinese Taipei, was carried out. The choreography of transitions was also timed [4].

Calculation of the coordination coefficient using the example of line judges' assessments for the performance of group exercises in artistic and acrobatic disciplines of cheer sports [8].

The research was carried out using methods, tools and materials, which helped to achieve results in a particular issue.

The results were obtained during the study. The results of the research became the understanding that the use of acrobatic elements in the program will not lead to a decrease in the artistic level of the compositions. A theory has also been put forward about the objectification of refereeing, through a system of regulating deductions for motor errors and deficiencies in compositions [10].

Understanding the importance of using a cheerleading program in the subject area of "physical education" in higher education institutions. These classes are aimed at developing such qualities as organization, tolerance, determination, etc., which significantly increases the level of interest of students in physical education classes [12].

Identification of certain unevenness in the level of development of physical qualities of young cheerleaders. The growth points are identified as the flexibility and strength of athletes, and the problem areas are their speed and speed-strength qualities [14].

Identification of the positive dynamics of the application of the methodology of using special means in the training process of athletes, aimed at increasing the synchronization of motor movements [11].

Identification of a model exercise of a champion in a particular discipline, which has all the characteristics of an exercise of high coordination complexity, volume and versatility of technique [6].

Understanding that in the training of athletes involved in cheer sports in the disciplines of cheerleading, the level of sportsmanship directly depends on the level of physical readiness. It has also been proven that the use of a system of general and special physical exercises for different age groups in cheerleading will help reduce injuries and increase stability in performances at competitions [17].

During the research, the following conclusions were made:

- the incidence of illness in pupils is decreasing;
- physical qualities of preschoolers develop through performing exercises with and without pompoms;
- the level of physical fitness increases;
- a variety of exciting activities with children ensure their physical activity and contribute to their emotional uplift [3].

Identification of the structure of technical training in cheerleading, consisting of sports-technical elements and basic exercises. The information obtained makes it possible to identify specific elements and systematize them, allowing you to build the optimal sequence of teaching techniques in cheerleading [15].

Revealing that assessing the performance skills of cheerleaders requires further improvement and specification [2].

Revealing that it is advisable to use the method of conjugate influence, when exercises aimed at developing motor skills will simultaneously develop basic physical qualities in children 3–5 years old [13].

Establishing the effectiveness of the developed training program for athletes from the CG and EG [18].

Revealing the obvious interest of female students in physical education classes. There were also positive changes in students' physical fitness [16].

It was revealed that after using specially selected cheerleading exercises in physical education classes, all indicators of the level of strength development among female students in the experimental groups improved significantly [9].

Revealing that the level of strength and endurance of schoolchildren in grades 5–6 has improved due to the inclusion of cheerleading exercises in the process of physical education [1].

It was revealed that, based on a six-month experiment, the motor abilities of the subjects increased, and positive dynamics in the development of volitional qualities were also noticed [19].

Determination of model characteristics of competitive activity of student teams. These results must be taken into account when preparing highly qualified student-athletes in cheer sports [4].

Identification of high consistency of scores at the 2020 Russian Cheer Sports Championship in group disciplines, which generally indicates a good quality of judging [8].

Revealing that the level of sportsmanship directly depends on the level of physical readiness. The use of certain exercises aimed at different age groups in cheerleading will help reduce injuries and increase

stability in performances in competitions. Criteria for assessing physical fitness have been developed for different age groups in cheerleading, which are used for transferring to various groups of sportsmanship and drawing up competitive programs [20].

Determination of rotational elements most often performed by highly qualified student-athletes, their rotation, methods of complication and combination. The identified indicators can be considered as guidelines when preparing student-athletes for international competitions [5].

Determining that the considered competitive exercises of the prize-winners have all the features of the model exercises of the prize-winner, and the identified model characteristics can be considered as guidelines in preparing student-athletes for international competitions [7].

Conclusions. These studies enable us to draw the following conclusions:

1. Despite the lack of specialized methods for preparing athletes for competitions, researchers are making a great contribution to the development of this aspect through the study of this issue. Individual techniques are emerging that undergo experimental confirmation of their effectiveness.

2. Researchers of this problem are trying to enrich the scientific and methodological literature on this sport in order to improve the effectiveness of teaching cheerleading.

3. Judging in cheerleading is not qualified enough, since, unintentionally, it is divided into subjective and objective assessment. However, creating criteria for the performance skills of athletes in cheerleading, as well as determining the degree of consistency in assessments, can significantly increase the likelihood of fair judging.

4. These studies can help develop such qualities as synchrony among the entire group, increasing the overall endurance and strength qualities of athletes, which is a competitive quality in the international arena.

5. Also, separate studies examine specific elements in cheerleading, their effectiveness and entertainment value at demonstration performances.

6. Cheerleading is a very spectacular and attractive sport, which allows young people to become more interested in it, and as a result, the level of health and physical fitness of this group increases.

7. The introduction of basic cheerleading exercises into the "Physical Education" program of preschool and school education increases the indicators of strength and volitional qualities of children.

Prospects for research on this topic. Since cheerleading is a very young but rapidly growing sport all over the world, the prospects for research on this topic are very broad.

Since this sport is international, the prospect of studying and translating foreign articles is quite relevant, in my opinion.

Also, the prospect of developing an established and effective methodology for teaching cheerleading, like, for example, a methodology for teaching rhythmic gymnastics or acrobatics, still remains the most important issue on this topic.

To successfully perform on the international stage, it is necessary to do a lot of research and develop the most appropriate methodology for performing various exercises.

I would like to mention the prospect of introducing and popularizing cheerleading among young people (children of preschool, school age and students in universities). Since this sport improves the strength and willpower of children, it is necessary to pay attention to the positive impact of this sport and attract more attention to it. Also, such a spectacular and dynamic sport will not leave indifferent an older audience, namely university students. This prospect will increase the interest of young people in playing sports, increasing their level of not only physical, but also psychological health.

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Поступила в редакцию 10 июля 2023 г.

Финансирование. Исследование не имело спонсорской поддержки.

Конфликт интересов. Авторы заявляют об отсутствии конфликта интересов.

Для цитирования: Yakovchuk, T. V. Cheer Sports and Cheerleading / T. V. Yakovchuk, E. V. Malchenko, I. V. Epishkin // Физическая культура. Спорт. Туризм. Двигательная рекреация. — 2024. — Т. 9, № 1. — С. 67–74. DOI: 10.47475/2500-0365-2024-9-1-67-74

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Анимационный и игровой туризм

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Авторы рассматривают анимационный и игровой туризм как одно из важных направлений туризма. В ходе исследования было выяснено, что анимационная и игровая деятельность активно используется в современном туризме. За счет того, что повышается качество обслуживания туристов и расширяется количество услуг, эта сфера активно продвигается и её доход растет.

Ключевые слова: туризм, анимационный туризм, игровой туризм.

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