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CHENG SHOULING¹, BRUSENTSEV V.²¹Kharkiv State Academy of Physical Culture²Kharkiv State Academy of Culture

Comparative analysis of physical recreation of Chinese youth as a means of Anhui Province sports tourism

Abstract. Purpose: to analyze the recreational facilities of Anhui Province, contributing to the development of the sports tourism in China. **Material and Methods:** analysis and generalization of literature and electronic sources, official web-sites, survey. **Results:** revealed the interest of young people to cultural and leisure activities in Anhui Province and the increase in the number of tourists at different ages. Development of sports tourism indicates an increase in mass and popularity among the population. **Conclusions:** addressing public interest in the development of sports tourism in China leads to the enhancement of the role of cultural holiday in physical development and rehabilitation of youth.

Keywords: sport, tourism, China, UNESCO, recreation.

Introduction. Functioning, mass and development of sport and wellness tourism is due to the system of organization and management. Especially important are the optimal choice of organizational form for the region, in particular, Anhui province (China), where it is necessary to consider the entire range of local peculiarities in the development of sport tourism (tourism opportunities, material and technical base, etc.). The study of the role and types of sport tourism, which determine the effectiveness of recovery of Chinese youth, devoted quite a lot of work [1–3; 6; 7], while existing research in this area were mainly aimed at the study of individual tours in different way influencing the level of health of a person. Sport and wellness tourism has a significant place in modern society. The value of sport tourism, affecting the health of young people is rather high, so the analysis, development and effective development of tourism requires proper scientific justification.

Natural resources of China contribute to the development of sport and wellness tourism, which adapts to the needs of modern Chinese youth. Sport and wellness tourism combined activities that effectively affects the physical and psychological recovery. A substantial core of education in the sports and wellness tourism is the combination of physical and spiritual-moral upbringing.

Purpose: a comparative analysis of recreational facilities, Anhui Province, contributing to the development of sports tourism in China.

Objectives of the study:

1. Based on the analysis of the literature to consider the objects of tourism, Anhui province (China) for the development of sport and wellness tourism among the youth and other segments of the population.
2. Identify objects sports tourism and their importance for the improvement of the population of China.

Material and Methods: analysis and generalization of literature and electronic sources (books, articles, dissertations and abstracts of conference proceedings), analysis of official web-sites, survey.

Research results and their discussion. Anhui is a Chinese province, located in the South-Eastern part of the country, adjacent to the provinces of Zhejiang, Ji-

angxi, Hubei, Henan, Shandong and Jiangsu (pic. 1, 2). Takes Anhui vast territory, which is almost 1,5% of the total area of China. Land of the province extend 570 km North to South and 450 km from East to West, and its area is slightly less than 140 thousand km². The population of Anhui province has about 67 million people.

The relief of Anhui is diverse. From West to East have their water river in South of the Yangtze and Huaihe river in the Northern part of the province. Very broad and majestic Huaihe adorns its waters North Anhui. Pool of this river is a huge part of the great plain of China. Not the least noticeable on the river South of the Yangtze river, originating between hills and mountains, and closer to the middle and lower turning on flat terrain.

South of the river the landscape is decorated with majestic mountains. The main mountain ranges of the province are Tangjiashan, Dabestani, Jiuhuashan and Huangshan, and the highest point of one of the peaks of Huangshan mountain called Languages. Height Languagea – 1873 m above sea level. In General, the province is divided into the 5 main natural zones: plain along the Yangtze river, the plain Huaibei, mountainous area of Dabashan in the West, rolling hills, Canhui and the mountainous area in the South.

Anhui is one of the richest Chinese provinces in terms of tourism resources. There are more than 290 different tourist attractions, from state to local level. These include 5 state, a huge area, landscaped areas, 3 historical and cultural settlements, 9 most important for the province of cultural monuments, which are under the protection of the authorities, 3 large state reserve, 23 Park area, as well as mountain ranges Jiuhuashan and Huangshan, which is the tourist centers of the southern part of the province. Areas of Anhui wonderfully combine with panoramic mountain views, colorful valleys of the rivers and a large number of monuments of culture. Jiuhuashan is considered one of the four most famous Chinese Buddhist mountains, Huangshan attracts travelers from around the world with its bizarre stones, warm springs, sea of clouds and big beautiful pine trees. Lungshan long been a center of pilgrimage for Taoists, and located near the river Sinanitsa and Taiping lake, included in the gallery of painting “rivers and mountains”. In Anhui are many well-preserved ancient architectural monuments.

The province is divided into 16 urban districts (pic. 3): Anqing, Bozhou, Bengbu, Lu'an, mA'anshan road,

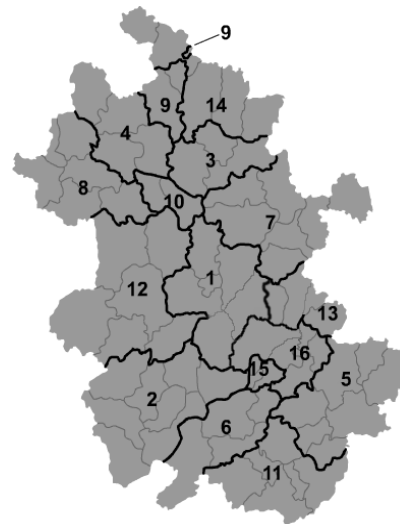
People's Republic of China (PRC):
Administrative Divisions



Pic. 1. Administrative division of China



Pic. 2. Geographical location of Anhui Province in China



Pic. 3. Urban district of Anhui Province

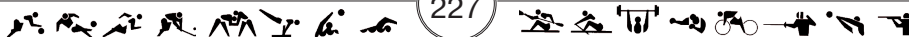
Suzhou, Xuancheng, Tongling, Wuhu, Fuyang, Huaibei, Huainan, Huangshan, Hefei, Chizhou, Chuzhou. The district, in turn, are divided into 43 districts, 6 cities of County level and 56 counties.

The main attraction of Anhui province, a picturesque mountain Huangshan (Yellow mountain). Huangshan, a UNESCO world heritage site and have an internal rating of AAAA (highest). Huangshan is rightly considered one

of the most beautiful mountains in China and the world, they are sealed in many Chinese picturesque and poetic works. In the mountains is more than 140 places available to visit, mountains attracts more than 15 million tourists annually. A popular event is the sunrise on the top of one of the mountains.

Major attractions and cultural sites of Anhui province are as follows:

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1. Memorial Bogun. Memorial Bogun is located on the hill of Fragrant Flowers in Baohe Park. The memorial hall has a statue of Lord Bao, and stone reliefs, cultural relics and other materials. Next to the hall there is a pavilion, which is located inside the well is called the Well's Integrity.

2. Mountain Huangshan. Huangshan is located in the South of Anhui province. The name of the mountain is translated as "yellow mountain", it appeared in 747, the Area of mountain Huangshan district is 250 km². The mountain is one of the most famous natural attractions of China and is widely known throughout the world. The main splendor of mount Huangshan rocks and create beautiful peaks. Among them the most popular 72 peaks. The three highest peaks – Lotus peak (1873 m), a Brilliant peak (1841 m) and the summit of the Celestial Capital (1810 m). Another mysterious force attracts people from all over the world – famous hot springs of mount Huangshan. Already used by over 1000 years. They never dry up and overflow. The water temperature in 42°C ideal both for bathing and drinking. Water is saturated with carbon dioxide, which gives a noticeable effect in the treatment of diseases of the digestive system, nervous system, blood circulation. Tourists can climb to the top of the snow Goose by cable car. The project to install the cable car participated Japan and China. It runs at 773 m above the ground. National Park Huangshan was awarded the Melina Mercouri for contribution to the protection of natural attractions. In 1990, Huangshan was listed as a world heritage site by UNESCO. Since then, the local administration was undertaken numerous efforts to preserve natural landscapes.

3. Mount Jiuhua. Mount Jiuhua is one of the 4 sacred Buddhist mountains in China. The other three – Wutai in Shanxi province, Emei in Sichuan, and Botosani in Zhejiang. All year round Jiuhuashan was visited by strangers. It was called "The Magic city of Buddhist Kingdom". But to present days, preserved on mount 78 monasteries with 1500 images of Buddhas. The temple of Sweet Dew, one of the 4 Buddhist temples on mount Jiuhua, is located mid-way to the top. Now here is a Buddhist school. Area mountain area Jiuhuashan is 120 km². From 99 tops of the highest peaks are considered Tiantai (1,325 m), Lianhua, Tianzhu, Sivan. The greatest height reaches mount Sivan (1342 m). Mountain Jiuhua is a tourist attraction and a sacred place for Buddhists for over 2000 years. On the rocks by 1996, preserved only 40 original label.

4. Precious hall Rebirth of Bodhisattva. Precious hall is located on the top of Shangguan, to the West of the monastery Huachansu. Here is a pagoda Rebirth. The pagoda was built to conduct services. And the place was called the Hall of rebirth. Inside the pagoda is 8 tiny rooms, which houses more than 100 statues of the Bodhisattva Salvation. In the mountains in 94 monasteries currently home to about 600 monks and nuns.

5. The bridge over the Yangtze river "Uhu". The bridge width is 21,5 m. In this area the width of the river reaches 2192,7 m. This is the second two-level bridge

across the Yangtze river in the East. The first bridge over the Yangtze river in Nanjing.

6. County Sousan. County Sousan known as the "underground Museum". There are more than 160 cultural relics and historical sites. In the Museum district contains more than 6000 excavated objects that belong to different dynasties. There are articles of gold, silver, bronze, iron, ceramics, jade.

7. Huntung and Sidi. In 2000 UNESCO made the village of Hunchun and stay in the world heritage list. Near the village of Hunchun is the mountain Laihanen shaped like a cow's head. Here ancient trees. Another attraction of the village is the water system, which is used for hundreds of years. Narrow channels are connected all the houses of the village. Water system suffered 2 fire. And with each generation it was getting better and better.

Tourism is the most effective means of meeting recreational needs, as it combines various types of recreational activities – health, cognition, restoration of the productive forces of man. Tourism is an integral part of health, physical education, the means of spiritual, cultural and social development of the personality.

Statistics shows that most of the tourist-recreational mobility are people aged 30 to 50 years. Not less than 1/5 of all the tourists are young people who are financially sufficient, have a good education and strive to satisfy a kind of educational interests, lead an active process of self-discovery, self-expression. The results of the survey showed that the older generation often choose travel routes with moderate physical exercise, but definitely try to visit the foot of Huangshan and Jiuhuashan, monasteries, memorial Bohun and County Sousan and famous village of Hunchun and Sidi. Young people prefer a more active view of the tourist routes in the vicinity of mountains and rivers.

Conclusions. In China developed many systems of physical training that includes methods and means of active resistance to adverse factors of environment, sustain and enhance human performance.

The leisure activities of young people is significantly different from leisure other age groups because of the specific needs and inherent socio-psychological characteristics of the "youth of consciousness", heightened emotionality of perception and reactions. In the basis of its content not only entertainment, but also solutions to life's problems. Value orientation on cultural and leisure activities depend on the satisfaction of personal needs. A distinctive feature of youth tourism is the fact that teenagers are the most unassuming socio-demographic group.

Prospects for further research. The involvement of Chinese youth to the knowledge of the proximity of Anhui province will be able to increase recreational activity in the context of sport tourism all over China for the population of any age that will improve physical fitness and vitality of people. Further studies will help to establish the importance of tourism for young people with physical training in the school and higher education institution.

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Анотація. Чен Шоулін, Брусенцев В. О. Порівняльний аналіз об'єктів фізичної рекреації китайської молоді провінції Аньхой як засобу спортивно-оздоровчого туризму. **Мета:** провести аналіз рекреаційних об'єктів провінції Аньхой, що сприяють розвитку спортивно-оздоровчого туризму Китаю. **Матеріал і методи:** аналіз та узагальнення літературних й електронних джерел, офіційних web-сайтів, анкетування. **Результати:** виявлено зацікавленість молоді до культурно-дозвіллевої діяльності в провінції Аньхой і збільшення кількості туристів у різному віці. Розвиток спортивно-оздоровчого туризму свідчить про підвищення його масовості і популярності серед населення. **Висновки:** вирішення проблеми зацікавленості населення в розвитку спортивно-оздоровчого туризму в Китаї веде до підвищення ролі культурно-познавального відпочинку у фізичному розвитку та відновленні молоді.

Ключові слова: спорт, туризм, Китай, ЮНЕСКО, рекреація.

Аннотация. Чен Шоулин, Брусенцев В. А. Сравнительный анализ объектов физической рекреации китайской молодежи провинции Аньхой как средства спортивно-оздоровительного туризма. **Цель:** провести анализ рекреационных объектов провинции Аньхой, способствующих развитию спортивно-оздоровительного туризма Китая. **Материал и методы:** анализ и обобщение литературных и электронных источников, официальных web-сайтов, анкетирование. **Результаты:** выявлена заинтересованность молодежи к культурно-досуговой деятельности в провинции Аньхой и увеличение количества туристов в разном возрасте. Развитие спортивно-оздоровительного туризма свидетельствует о повышении его массовости и популярности среди населения. **Выводы:** решение проблемы заинтересованности населения в развитии спортивно-оздоровительного туризма в Китае ведёт к повышению роли культурно-познавательного отдыха в физическом развитии и восстановлении молодежи.

Ключевые слова: спорт, туризм, Китай, ЮНЕСКО, рекреация.

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Чен Шоулін: Харківська державна академія фізичної культури: вул. Клочківська 99, Харків, 61058, Україна.

Чен Шоулин: Харьковская государственная академия физической культуры: ул. Клочковская 99, г. Харьков, 61058, Украина.

Cheng Shouling: Kharkiv State Academy of Physical Culture: Klochkovskaya str. 99, Kharkiv, 61058, Ukraine.

E-mail: vitalij.brusentsev@ukr.net

Брусенцев Віталій Олександрович: к. техн. наук; Харківська державна академія культури: Бурсацький узвіз, 4, м. Харків, 61057, Україна.

Брусенцев Виталий Александрович: к. техн. наук; Харьковская государственная академия культуры: Бурсацкий спуск, 4, г. Харьков, 61057, Украина.

Vitalii Brusentsev: PhD (Technics); Kharkiv State Academy of Culture: Bursatskiy uzviz 4, Kharkiv, 61057, Ukraine.

ORCID.ORG /0000-0002-0020-4025

E-mail: vitalij.brusentsev@ukr.net

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