

## INTEGRATION OF SPORT AND RECREATION SPACES IN THE URBAN ENVIRONMENT

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### ANNOTATION

The article deals with the issues of the significance of the formation and modernization of urban pedestrian spaces, as well as spaces of a sports and recreational nature in the urban environment.

**Keywords:** green spaces, pedestrian zones, sports, "health corridors", open spaces.

### INTRODUCTION

Modern trends in urbanization and the growth of the urban population, combined with environmental problems, have an impact on the quality of urban life. In urban planning practice, there have been many studies and programs on zoning and spatial planning of urban areas to improve the quality of life in cities, as the most convenient form of settlement. The problems of overpopulation, building compaction, transport, environmental problems constantly require close attention. In this regard, the World Health Organization in the report "Green spaces in cities and health" called on the authorities of the cities of the world to create as many green spaces as possible. Being in nature allows people to partially compensate for the harmful effects of various factors, such as air pollution, noise and extreme heat [1].

UN experts emphasize that citizens need small green areas located close to their places of residence. The 2030 Agenda for Sustainable Development, adopted by world leaders in September 2015 at the UN summit, set the goal of "providing universal access to safe, open and easily accessible green spaces and public recreation areas" [1].

The creation of pedestrian zones, modern public spaces that perform various functions, plays an important role in shaping the appearance of the urban environment, contributes to the creation of the image of the city, positively affects the lives of citizens and, as a result, forms a comfortable sustainable urban environment.

Currently, in many cities, such as Barcelona, Copenhagen, New York, and others, public spaces that are comfortable for people have been formed. An important contribution to the foundation of new principles for the formation of public spaces in the city was made by the Danish architect Jan Geil, who led the reconstruction of the historic center of Copenhagen at the end of the 20th century. As a result of the joint work of designers, sociologists, managers and other specialists, the city center of Copenhagen is almost completely pedestrian and adapted for cyclists.

At present, the problem of forming such open spaces in which the natural basis of the landscape is preserved or only a few inclusions of anthropogenic elements are present is of great importance. They are accumulators of the ecological balance and represent the actual natural environment in the city. An open space of any size and purpose can perform not one, but a certain set of functions: recreational, sanitary, environmental, etc.

Residents of many large cities have a special need for physical activity, as people lead a largely sedentary lifestyle, constantly experiencing high stress on the nervous system. To solve these

problems, active rest with certain physical loads is required. For this purpose, both indoor sports facilities and open public spaces of a sports and recreational nature are intended.

Open public spaces form the image of the city, serve as an indicator of the level of development of its social life. However, one can often observe the phenomenon of addresslessness and lack of demand for these spaces in the structure of a modern city. A comprehensive assessment of the quality and comfort level of open public spaces is needed.

Tashkent has many public spaces of various types, located mainly in the so-called new city. In the old city part, formed on the basis of the traditional mahalla, in conditions of dense development, open public spaces are practically absent.

In the conditions of Tashkent, open public spaces can be conditionally differentiated into linear (embankments, boulevards, alleys), compact (squares, squares).

On the example of individual open public spaces, studies were conducted to identify the type of activity of people and the main age groups - users of these territories. Thus, linear spaces are mainly used as a territory for intensive transit traffic and evening walks (the boulevard along A.Kodiriy Street, the embankment along the Ankhor Canal), as well as jogging and cycling. Open public spaces located near residential neighborhoods (for example, the area near the Courage Monument, the area near the Central Department Store) are used mainly by women with children and teenagers for sports and recreation activities (the so-called "street sports").

At present, sports events of various levels are quite often held in Tashkent. Yes, there are marathons and half marathons. For these events, city roads are used, which are blocked for traffic during sporting events.



Figure 1 Marathon race in Tashkent

Today, sport has become an integral part of the modern lifestyle of urban society. Our modern lifestyle is more and more focused on being active and healthy. This has led to the growth of fitness centers, blurring the lines between sports and recreation. Sport has become a lifestyle in itself. This influences urban planning, in many European cities various sports facilities and outdoor sports parks have been built. Sports activities are held not only in sports complexes on the outskirts of the city or in indoor sports facilities, but also in fitness rooms in the city center and in crowded places in public places. The city itself serves as a stage for major sporting events and a sports space for individual and unorganized sports such as jogging, cycling and parkour. The importance of urban space for sports is increasing [2].

At present, great importance is attached to the health of the population in Uzbekistan. In accordance with the decree of the head of state Shavkat Mirziyoyev "On measures for the



widespread introduction of a healthy lifestyle and the further development of mass sports”, the administration of the city of Tashkent organizes “Health Corridors”, the Ministry of Sports reports [3]. So, in 2021, the number of pedestrian and bicycle paths in all districts of the capital will be gradually increased to 50 km.

Thus, it is very important to integrate sports and recreation spaces into the urban environment. It can be both specialized sports parks, squares, with playgrounds equipped with simulators, and linear pedestrian spaces with jogging and cycling paths.

The creation of sports and recreation spaces in the urban environment is of great importance both from a social and environmental point of view, but also from an artistic point of view. There are examples in the urban environment when sports facilities can be considered as art. So, for example, in foreign practice, one can single out samples of basketball courts with an interesting design.



Figure 2 Los Angeles site



Figure 3 Lisbon site

The vibrant Los Angeles area has many outdoor basketball courts. One of the Veniceball venues features an unusual design inspired by the nearby Pacific Ocean. [4]

The 93,000 m<sup>2</sup> New York City Park features a geometric print basketball court designed by artist Faith Ringgold for Project Backboard. The pattern on the cover, consisting of triangles in four colors, turns into an optical illusion when viewed for a long time. [4]



Figure 4 Site in New York



Figure 5 Site in Moscow [5]

Thus, sports space can often be created through small, uncomplicated activities, by improving walking and cycling routes, the use of rooftops, parking lots, etc. In the new urban development, in our opinion, sports should be integrated into the development process.

It is important not only to determine the technical and program requirements for sports spaces, but also to find interaction and symbiosis with other programs and functions. The combination of sports with education, recreation, playground can provide interesting solutions in the formation of spaces in the urban environment.

Thus, the modernization of open public spaces as an environment for the development of sports and recreational activities for residents will give a positive impetus to life in cities, create more opportunities for the population.

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