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TYPES AND FUNCTIONAL FEATURES OF HEALTH AND RECREATION FACILITIES

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Annotation. This article analyzes the types of health and recreation facilities and their functional features. The increasing importance of recreational areas in modern urban planning, the need to strengthen the health of the population and develop recreational infrastructure are substantiated. Also, the functional structure of health facilities (sanatoriums, resorts, sports and recreation complexes) and recreational facilities (parks, recreational zones, tourist attractions), their territorial organization and architectural and planning solutions, the role of these facilities in ensuring environmental sustainability, comfort and social efficiency are highlighted.

Keywords: recreation, health facilities, recreation areas, sanatorium, resort, parks, tourism, urban planning, functional planning, environmental sustainability, infrastructure, architectural solutions.

Introduction. In modern urban planning and architectural practice, recreation and recreation facilities are considered an important infrastructural element in restoring human health, ensuring psychophysiological stability, and increasing social activity. In a situation where, as a result of the acceleration of urbanization processes, human alienation from the natural environment is increasing, the organization of recreational and recreation facilities on a scientific basis is becoming an urgent issue today.

Sufficient physical activity and the use of green areas increase human life expectancy and reduce the risk of cardiovascular diseases [1]. At the same time, the UN World Tourism Organization, evaluating recreational activities as an important segment of tourism, emphasizes its economic and social importance [2]. According to it, recreational activities not only serve to restore the physical and mental health of the population, but are also an important factor in the development of the regional economy. In particular, the development of recreational areas and recreation facilities creates new jobs, expands the scope of services, and increases the investment attractiveness of regions.

Methods.
A systematic and comprehensive approach was used in the process of writing this article. A classification of health facilities was developed using the method of scientific analysis, and the experience of different countries was studied using comparative analysis. Fundamental sources on recreational architecture and urban planning were taken as a theoretical basis, including Jan Gehl's concept of a human-centered city and Ebenezer Howard's "Garden City" model. Empirical data were summarized based on UNESCO and World Health Organization reports.

Discussion and results.
Health and recreation facilities can be divided into several main types according to their functional orientation. These are as follows:
The first group includes health facilities. They include sanatoriums, preventive clinics, spa centers

and medical rehabilitation complexes. These facilities mainly perform treatment and prevention functions and are located in connection with natural factors - climate, mineral waters, healing mud.
The second group is recreational facilities, which include parks, gardens, recreation areas, beaches and tourist attractions. These facilities serve to organize passive and active recreation.
The third group is sports and active recreation facilities. These include outdoor sports grounds, fitness areas, stadiums and extreme sports facilities. These facilities are aimed at encouraging physical activity.
The fourth group is complex recreational facilities, which combine all of the above functions. An example of this is modern resort areas and recreational clusters.

Functionally, the following common features are important for all facilities:
- territorial zoning,
- transport and pedestrian accessibility,
- ecological sustainability
- social adaptability.

In today's globalization environment, an integrated approach is necessary in the design of health and recreation facilities. While in the traditional approach these facilities were considered as separate functional units, in modern architecture they are being formed as a single recreational system.

According to the World Health Organization, in order to improve public health, recreational facilities should be located within walking distance of the population. This requires their integral connection with the urban infrastructure [1]. Also, the concept of cultural landscape put forward by UNESCO indicates the need to develop recreational areas in harmony with the historical and natural environment. This is especially important in the conditions of Uzbekistan, when creating recreational zones around historical cities [3].
The **"Garden City"** model, developed by Ebenezer Howard in the late 19th and early 20th centuries, is one of the important stages of modern urban planning theory. This model was proposed as an alternative solution to the environmental and social problems of large cities resulting from industrialization [5].
In his famous **"Three Magnets"** idea, Howard proposes the creation of a new type of living environment that combines the advantages of the city and the countryside [5]. Namely:

· city - jobs, infrastructure, culture;
· village — fresh air, nature, quiet environment ;
· garden-city — the optimal combination of both.

Ebenezer Howard's "Garden City" model is a fundamental urban concept aimed at ensuring a balance between the city and the natural environment, which plays an important role in the formation of modern sustainable development principles. This model is also used as a relevant theoretical basis in the planning of recreational areas and health facilities.
If we consider another concept, the human-centered city concept developed by Jan Gehl is one of the most important theoretical approaches in modern urban planning. This concept emphasizes the need to organize the city primarily based on human needs, convenience and social activity.
According to Jan Gehl, while in the 20th century cities developed mainly in accordance with cars and transport systems, in the 21st century the main task of urban planning should be to create a comfortable, safe and livable environment for people.
The main principles of the human-centered city concept are as follows:

1. Human scale. Urban spaces should be designed in a convenient size for pedestrians. Building heights, street widths, and public spaces should be responsive to human senses.
2. Pedestrian and bicycle priority. Pedestrian and cyclist comfort is prioritized over automobiles in the transportation system. This creates an environmentally and socially sustainable environment.
3. Development of public spaces. Squares, parks, and open spaces should serve as places for people to meet, socialize, and relax. It is in these spaces that city life is shaped.

4. Active facades. When the lower floors of buildings are filled with active functions (shops, cafes, household services), street life comes to life.
5. Safety and comfort. Well-lit, open and visible areas increase the safety of the city and inspire a sense of trust in people.

The concept of Jan Gehl is now being combined with smart city and intelligent architecture approaches. If smart technologies increase the efficiency of city management, then the human-centered approach ensures that these systems serve human interests.

Therefore, the following integration is observed in modern urban planning:

- technological development + human convenience;
- digital management + social activity;
- ecological sustainability + healthy living environment.

Jan Gehl's concept of a human-centered city forms the theoretical basis for adapting the urban environment to human needs in modern urban planning. This approach, integrated with smart city technologies, serves the development of cities as sustainable, safe and livable systems [4].

Modern trends show that health facilities are not limited to the treatment function alone, but are becoming centers of psychological recovery, social communication and environmental education. This requires the widespread use of open spaces, green areas and interactive zones in their architectural solutions.

Conclusion. Health and recreation facilities are an important component of the modern urban planning system, which play a key role in restoring human health and improving the well-being of society. Although their types are functionally different, they all operate effectively, integrated into a single recreational system. In architectural organization, it is necessary to comprehensively take into account ecological, social and functional factors. In the future, the development of health and recreation facilities will require sustainable architecture, "green infrastructure"and the widespread introduction of human-centered design principles will be an important scientific and practical direction.

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