

OPTIMIZING THE PRACTICE OF MOUNTAINOUS TOURISM FROM THE WINTER SPORTS PERSPECTIVE

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Abstract: *Mountainous tourism represents one of the most efficient forms of influencing the psychological and motile potential with impact on the formative aspect as a component of the multiform structure of the body's harmonious development. The interest manifested on the mountainous tourism is a prerequisite for developing positive and creative attitudes towards tourist activities, manifested through an increased tendency of improvement. Thus tracking down the interest and motives of young people for the different forms of tourism is a task betoken to people who work in this field with stimulating and interesting activities. Winter sports are complex sports that trigger a lot of fun and adrenalin. The winter sports equipment must be adequate as to allow a certain free movement of the body. The purpose of this paper is optimizing the practice of mountainous tourism from the winter sports perspective. One has followed the unfolding of several winter sports within a winter cabin in one of the students' winter holidays, a perfect moment for them to acquire a minimal motile baggage that allows them to assimilate the basic technique of the proposed activities which have been both attractive and ingenious stimulating the need for spending free time through mountainous tourism.*

Key words: *mountainous tourism, winter sports.*

1. Introduction

Mountainous tourism represents “a very special and valuable activity that has put, to a certain extent, the print on man's spiritual physiognomy, his responsibilities and his freedom to accomplish his goals and aspirations” (I.T. Moldovan, 1999; C. Angelescu, 1999).

An important and current problem for developing Romanian tourism is connected to mountainous tourism and mountainous resorts as centers for practicing specific

tourist activities and in the same time components with real perspectives in the tourism activity dynamics in our country.

Often appreciated as a limited activity perimeter the mountain has never been a priority for capitalized progresses to what natural tourist resources are concerned, a sad fact proved by the modest equipment that our country has both in infrastructure and other domains (boarding, resorts, food) and by the unconvincing presence of people in the resorts with a real mountainous specific.

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Mountainous resort – the place for doing and developing tourism activities:

- The tourist place is destined to have people stay on short or long term holidays;
- In today's vocabulary such a place is called a resort.

From the social and cultural points of view such a tourist resort offers a range of activities based on capitalizing certain natural and anthropic resources that allow the different categories of tourists to meet, get to know each other and communicate.

From the tourist point of view every resort represents the nucleus of the effective deployment of certain tourist activities in which a new value is being created from which one also records certain expenses and certain profits.

“The mountainous tourist resort is a place in which tourism represents the main branch of tourism as a volume of economical activity as well as a degree of concentration to what the local population is concerned that disposes of a great touristic potential thus attracting the non residential population as beneficiary to the products and services that are being offered”.

A social and economical phenomenon, intrinsic to modern civilization, tourism is strongly involved in the society and obviously is quite influenced by the latter.

Tourism is addressed to vast social segments and fully responds to their needs detaching itself by a high dynamism both nationally and internationally.

Tourism trains a vast human and material potential with strong implications on the evolution of economy and society, on inter human relationships and on the national and international relationships. Outdoor life, the need for knowing new things within the environment, the inclination for poetry and mystery, all of these are some aspects that frame and shape tourism.

Therefore, tourism can be appreciated as a human experience, as a social behavior, as a geographical phenomenon and

ultimately as a business, as a source of income, as an industry – the industry of traveling and tourism.

Tourism mobilizes countless material and time reserves and availabilities that people have, thus expanding and enriching the cultural horizon; hence, it becomes an important factor of education, closeness and understanding.

Tourism is a complex activity with such a developing rhythm that has determined it to become one of the most spectacular phenomena of the last decades with impressive economical, social and human consequences.

Mountainous tourism represents one of the most efficient forms of influencing psychological and motile potential with a formative action wise approach as a component of the multiform structure to what the organism's harmonious development is concerned.

Stimulating young people in practicing mountainous tourism means giving them a real personal and social education and also allowing them to manifest themselves in a natural frame (Badea, E., 1997). The interest in mountainous tourism is a prerequisite in forming positive and creative attitudes towards tourist activities manifested through an increased tendency of improvement. Thus, tracking down the interest and motives of young people for the different forms of tourism is a task betoken to people who work in this field with stimulating and interesting activities.

Winter sports are complex sports that trigger a lot of fun and adrenalin. The winter sports equipment must be adequate as to allow a certain free movement of the body.

The purpose of this paper is optimizing the practice of mountainous tourism from the winter sports perspective. One has followed the unfolding of several winter sports within a winter cabin in one of the students' winter holidays, a perfect moment for them to acquire a minimal motile baggage that allows them to

assimilate the basic technique of the proposed activities which have been both attractive and ingenious stimulating the need for spending free time through mountainous tourism.

2. Work hypothesis

One assumes that promoting certain winter sports attractively as possible within the mountainous tourism frame can influence the interest for winter sports and implicitly for spending outdoor free time.

We assume that a student level, by practicing proposed winter sports one can identify significant differences regarding personal performances that show quite a motivation for practicing mountainous tourism. One highlights subject differences to what the level of knowledge and perception are concerned on the diverse winter sports.

In accomplishing the latter we have proposed the following tasks: establishing certain means that can contribute to stimulating the interest in practicing mountainous tourism and increasing the attraction towards the latter; finding the most pleasant forms of practicing mountainous tourism; experimentally applying the proposed methodology; analyzing and interpreting the data. The experiment has been done with an experimental group that comprised 10 subjects, students from the Physical Education and Mountainous Sports Faculty from Brasov.

The established program consisted of 12 days. The activities done in the aforementioned 12 days:

- Snowboarding
- Skating
- Sledging on special slopes
- Night skiing
- Ice climbing
- Off route skiing
- Ski touring

The data recorded during the proposed winter activities referred to the individual performances obtained by the subjects of the experimental group.

In the 6th and 12th days the subjects had examination trials with initial and final testings to all the proposed activities.

- Test 1 – coming down a slope
- Test 2 – sliding on ice (skating)
- Test 3 – coming down a slope (sledge)
- Test 4 – coming down a slope during night time
- Test 5 – climbing an ice wall
- Test 6 – coming down an off route
- Test 7 – doing the pre established route

The examination consisted of doing certain routes using the proposed winter sports means. The routes differed from easy to medium. The examination has been done as follows:

- Test 1, the examination has been done by timing the pre established route later on transforming the obtained times into grades;
- Test 2, one has evaluated the skating sliding technique by according certain notes that later on became grades;
- Test 3, the examination has been done by timing the pre established route, later on transforming the obtained times in grades;
- Test 4, the examination has been done by timing the pre established route, later on transforming the obtained times into grades;
- Test 5, one has evaluated the climbing technique by according notes that later on became grades;
- Test 6, the examination has been done by timing the pre established route, later on transforming the obtained times into grades;
- Test 7, the examination has been done by timing the pre established route, later on transforming the obtained times into grades.

3. Results and discussions

Promoting certain winter sports in the mountainous tourism frame, with the purpose of enhancing the attractive,

stimulating, empathetic and relaxation character of the latter, determines stimulating interest and aptitudes for spending free time through mountainous tourism.

Table 1

Grade results in doing the 7 tests

Nr. Crt.	First name Name	INITIAL TESTING							
		T1	T2	T3	T4	T5	T6	T7	Average
1	B.I.	6	5	5	6	6	6	6	5,714
2	B.A.	7	6	7	7	7	7	7	6,857
3	C.M.	5	4	5	6	7	6	5	5,429
4	C.F.	7	5	6	7	7	6	7	6,429
5	C.M.	5	6	5	5	6	6	6	5,571
6	M.R.	6	4	7	6	7	6	5	5,857
7	M.S.	5	4	6	6	7	7	6	5,857
8	S.M.	5	5	5	5	7	6	5	5,429
Arithmetic mean		5,8	4,9	5,8	6	6,8	6,3	5,9	
Standard aberration		0,9	0,8	0,9	0,8	0,5	0,5	0,8	
Dispersion		0,8	0,7	0,8	0,6	0,2	0,2	0,7	

Table 2

Grade results in doing the 7 tests

Nr. Crt.	First name Name	FINAL TESTING							
		T1	T2	T3	T4	T5	T6	T7	Average
1	B.I.	7	6	6	6	6	6	8	6,429
2	B.A.	8	8	7	7	7	7	9	7,571
3	C.M.	6	6	6	6	7	6	6	6,143
4	C.F.	8	7	6	7	7	6	7	6,857
5	C.M.	6	7	6	5	6	6	9	6,286
6	M.R.	8	6	8	6	7	6	7	6,857
7	M.S.	6	6	7	6	7	7	8	6,714
8	S.M.	6	7	6	5	7	6	8	6,429
Arithmetic mean		6,9	6,6	6,5	6	6,8	6,3	7,6	
Standard aberration		1	0,7	0,8	0,8	0,5	0,5	0,9	
Dispersion		1	0,6	0,6	0,6	0,2	0,2	0,8	

4. Interpreting the results

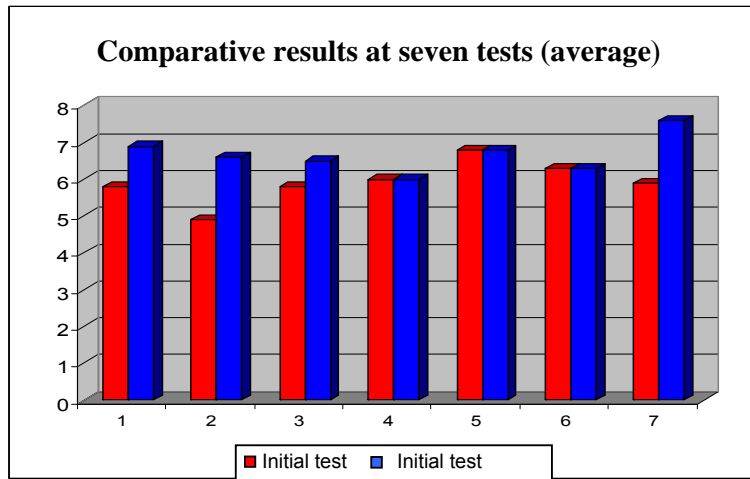
After gathering the data from the 7 tests, one can visualize the grades and arithmetic means as well as the recorded differences for each subject by comparing the obtained results in both testings. The results

obtained in times and notes (very good, good, medium, mediocre and weak) have been transformed into grades, the mathematical and statistical arrangement as well as the graphic representation being possible.

The results show a difference between the two testings in the trials: T1 – snowboarding, coming down a slope; T2 – skating sliding on ice; T3 – coming down a slope (sledge) and T7 – ski touring, doing a pre established route. From graphic 1 one can notice that the most spectacular

differences can be observed in T7, ski touring, from the arithmetic mean of 5,9 to the initial testing to 7,6 to the final testing.

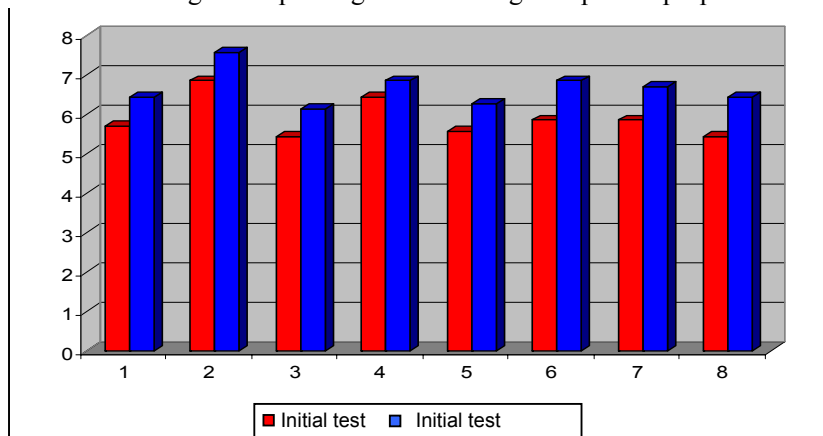
Insignificant alterations have been recorded in tests that have evaluated the results to the night time skiing, ice climbing and off route skiing.



Graph. 1. *Comparative data to the 7 tests*

The direct observation to the approach and the solution of the situations in cause have made it possible the appreciation of the subjects' own performances (graphic 2) through the obtained grades proving a

good adaptability to new situations, observation spirit, reaching good decisions with a mental self control, analysis and rapid restructuration to the necessary tasks in doing the specific proposed trials.



Graph 2. *Subjects' personal performances to the 7 tests*

To the experimental group formed from 8 students one can notice significant differences to what personal performances are concerned in all the trials. The ones, who proved a good focus capacity, self control and accumulated experience during the trials, have obtained better results to the final testing that is subjects 5, 6, 7, 8. To the opposite pole, we have had the subjects who have encountered difficulties especially in safely moving out there, having inner confidence, resisting to stress, focusing, things that have been reflected in the personal performances with insignificant results between the two tests, initial and final that is subjects 2 and 3. Subject 4 has recorded insignificant results between the two tests.

To the evaluations based giving notes, one bared in mind the presence of certain attitudes such as nervousness, agitation, rushing into actions, lack of safety in movements, wrongly executing necessary techniques for doing the trials.

5. Conclusions

The specific ways and means for the aforementioned trials have improved continuously seeking to respond to a greater extent to all their goals and wishes. One has noticed that after getting to know the proposed routes the subjects adapted quite well.

From the proposed routes point of view, the hours spent outdoor have been more engaging and the atmosphere has been far more pleasant and relaxing.

The proposed trials have been based on the psychological universe of the subjects who have had a sporting preparation being students at a profile faculty. These trials have put the students in the situation of handling problems on their own, resorting to their inventiveness.

Accentuating the role of winter sports in optimizing mountainous tourism corresponds to a righteous campaign of efficiently approaching the young people's free time.

Due to the increased education against a sedentary life, mountainous tourism through winter sports exerts quite a great influence on the young people's sanogenous life. We consider, as proved by the results of this paper, that mountainous tourism must be part of the coordination path of efficiently spending free time, of finding new solutions, ways and methods that can trigger the interest for practicing mountainous tourism.

Finding the best ways of action and the best work methods for practicing winter sports must be a constant and systematic preoccupation of all teachers, no matter the subject's age and level of preparation.

We believe that acting towards enhancing the formative, attractive and recreational character of winter sports represents a main lever for increasing the interest for mountainous tourism.

The winter sports attraction is synonymous to the active and conscious participation in their practice, with the stimulation of practicing mountainous tourism, all of these being bonds of a strong education rooted in the dynamics of the societal development.

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