EFFECTS OF MOUNTAIN TOURISM PRACTICE

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Abstract
In today's society evolution, sports advanced too, in a complex reality. Quality and quantity of the sportive offer, increase in the same time with increasing of the people's involved number, because, making sport became a life style, a way to stand out in bold relief.
Leasure sport means a socio – cultural aspect of the society, but in the same time a factor of developing. One of the most important implications is about the great diversity of motions involved, this aspect determinig the high level of accesibility for all kind of persons, indifferently of age, sex or practical abilities.
Key words: leisure, mountain tourism, physical effort

Rezumat
În condițiile de dezvoltare a societății contemporane, sportul a evoluat şi el într-o realitate multiformă, atât din perspectiva mişcării propriu-zise, a caracteristicilor subiecților, cât şi din cea a motivației pentru participare. Calitatea şi cantitatea ofertei sportive evoluează în paralel cu creşterea numărului de participanți, deoarece, a face sport a devenit pentru multe persoane un mod de evidențiere personală şi chiar un mod de viață.
Sportul de loisir reprezintă în zilele nostre un aspect socio-cultural al societății dar în acelați timp un factor de dezvoltare. Unul dintre aspectele cele mai importante este reprezentat de diversitatea actelor motrice care pot fi practicate în cadrul său, aspect care determină gradul ridicat de accesibilitate pentru toate categoriile de persoane, indiferent de vârstă, sex ori aptitudini motrice.
Cuvinte cheie: loisir, turism de munte, efort fizic

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INTRODUCTION/ BACKGROUND

Sport for all is a socio - cultural aspect of today's society, but also a factor in its development. Adrian Dragnea (Dragnea A., Mate, S. Teodorescu, 2002) defines sport for all as a form of sport that generally is non-competitive and is practiced both in clubs and in unorganized forms. Since recently some authors (Dragnea A. et al., 2000 A. Bota, 2006) refer to this activity as a leisure activity, we still use this term.

From the meaning of the phrase above, it is clear in our view the content of this type of practice (simple or complex motor actions, specific technique borrowed from some branches or sports, practiced under streamlined regulations, in the absence of competitive nature, in organized forms or not, in spare time of any person). Leisure activities use very different means, choosing one or another of them being determined by economic, geographic conditions, degree of civilization, site-specific cultural and social traditions. (Lucaciu Gh., 2009)

On the other hand, its contents can be practiced in unorganized and uncompetitional forms and may consist of the full range of motor acts performed indoors or outdoors, the latter responding very

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well to the need of returning to nature and the need to do sports camps or holidays, in campings, on seaside or on mountains.

Without making a list of normative, can recall its entire range of classic sports (sports games, swimming, cycling, rowing etc.), others that open up new fields of activity (athletics - jogging, skiing, sailing etc.) or intense activity, even risky (climbing, extreme skiing, paragliding and others). (Sveen R., 1993)

AIM

Mountain tourism approach from an institutional position by introducing into the curriculum of the Faculty of Physical Education and Sport, aims, due to the impact of this activity on a growing number of people in increasingly diverse categories, valorization the influences of mountai tourism practice in terms of recreational, aesthetic, psycho - social, motor (skills, abilities, attitudes), educational but equally, multiplying the possibilities of choice in the professional inclusion (why not, professions as: mountain guide, monitor or instructor in mountain camps etc.).

This paper aim to highlight some of the effects that practice of mountain tourism in the form of tent camps determines in the field of motility.

OBJECTIVES

To conduct preliminary research (applicative type) we proposed the following goals:

- Highlighting the subject's preferences for different types of activities;
- Determination of mountain tourism specific effort;
- Highlighting the development level of some forms of motor skills;
- Identifying the main characteristics of mountain tourism.

HYPOTHESIS

Finalities of „Mountain tourism and sport orientation" practice subordinate to the components of educational process specific to physical education and sport higher education (that face our students and to which will be faced future pupils of our students), causing effects both in motility (driving skills) and in terms of communication, socialization etc. In particular, the development of aerobic resistance by means of mountain tourism will manifest by improving the capacity of recovery after exercise.

MATERIALS AND METHODS

The sample under evaluation consisted of a number of 53 people (29 boys and 24 girls), students in the first year of the Faculty of Physical Education and Sport in Oradea, who participated in the course of „Mountain Tourism and Sport Orientation" organized in the Padiș massif from Apuseni mountains. In accordance with the law, participants gave their consent to be included in the survey anonymously.

To verify the hypothesis we used the test and control samples method (field tests), aiming to highlight the role that walking on touristic routes has in terms of adaptation to the type of exercise performed and so on the capacity to recover after exercise. To assess the capacity of recovery after exercise we used the Dorgo test, which consists in completing 2000 m in forced march maintaining heart rate over 140 beats/min. The heart rate is measured before the start of effort and in minutes 1, 3 and 5 after the exercise. Dorgo Index (for recovery after exercise) is calculated using the formula:

$$\text{The interpretation is: I} \quad \frac{(P1+P2+P3+P4)-300}{10}$$

Table 1. Evaluation of Dorgo test's results (source: Hanțiu I., 2012)

Values	Significance
-10 to -5	Very good
-5 to 0	Good
0 to 5	Medium
5 to 10	Weak
More than 10	Unsatisfying

RESULTS

The mentioned test results were interpreted, introduced and presented in table 2.

Table 2. Dorgo test results

Crt. No.	Exp.gr.-G		Control gr.-G		Exp.gr.-B		Control gr.-B	
	I.T	F.T.	I.T	F.T.	I.T	F.T.	I.T	F.T.
1	3,1	- 3,2	7,6	5,0	4,1	3,1	4,1	3,0
2	5,6	3,1	7,2	4,6	3,7	1,9	4,0	2,9
3	2,3	- 2,4	7,3	4,8	0,8	- 2,3	3,8	3,0
4	4,2	1,6	7,2	4,2	3,9	1,9	4,0	3,0
5	6,6	3,9	7,3	4,8	7,8	4,0	4,8	2,1
6	6,6	3,9	5,2	3,2	4,2	- 1,6	0,6	- 3,1
7	6,7	3,7	1,7	- 4,3	7,8	4,2	1,2	0,1
8	4,3	1,7	7,2	5,1	6,0	1,6	1,4	0,9
9	6,9	4,4	7,7	4,6	5,8	2,8	3,9	3,0
10	-	-	6,2	3,6	4,9	1,3	3,0	1,1
11	-	-	4,4	1,9	-	-	3,6	2,7
12	-	-	7,9	4,3	-	-	3,8	2,4
13	-	-	-	-	-	-	2,2	0,8
14	-	-	-	-	-	-	3,8	1,1

All results were processed statistical-mathematical, indicators being presented in table 3.

Table 3. Statistical-mathematical analysis indicators

No. Crt.	Sample	Exp.gr.-G		Control gr.-G		Exp.gr.-B		Control gr.-B	
		I.T.	F.T.	I.T.	F.T.	I.T.	F.T.	I.T.	F.T.
1		3,1	- 3,2	7,6	5,0	4,1	3,1	4,1	3,0
...									
9		6,9	4,4						
10		-	-			4,9	1,3		
12		-	-	7,9	4,3	-	-		
14		-	-	-	-	-	-	3,8	1,1
Average – X		***5,14***	***1,86***	***6,41***	***3,48***	***4,9***	***1,69***	***3,15***	***1,64***
Amplitude – W		***4,6***	***7,6***	***6,20***	***9,40***	***7,0***	***6,5***	***4,2***	***6,1***
Median – Me		***5,6***	***3,1***	***7,20***	***4,45***	***4,55***	***1,9***	***3,8***	***2,25***
Stdev – S		***1,72***	***2,81***	***2,615***	***1,821***	***2,31***	***2,28***	***1,70***	***1,28***
Covar – Cv		***2,98***	***0,66***	***2,46***	***1,93***	***2,13***	***0,76***	***10,85***	***1,28***
Effect size – ES		***1,16***		***1,6***		***1,60***		***1,17***	

For a clearer picture, we present the average evolution in values and percentages in Table 4.

Table 4. Average evolution in values and percentages

Group/Tests		I. Dorgo
Girls	Experimental group	+ 3,28 + 63,8%
	Control group	+ 2,93 + 45,7%
Boys	Experimental group	+ 3,21 + 65,5%
	Control group	+ 1,51 + 48,6%

DISCUSSIONS

After processing the results, we can see that:

- considering the evolution of VMA and VO2max., indices of Dorgo test has showed a positive trend highlighted by all the mathematical statistical indicators, trend materialized in chart 1, showing an improvement in the ability to adapt to exercise;

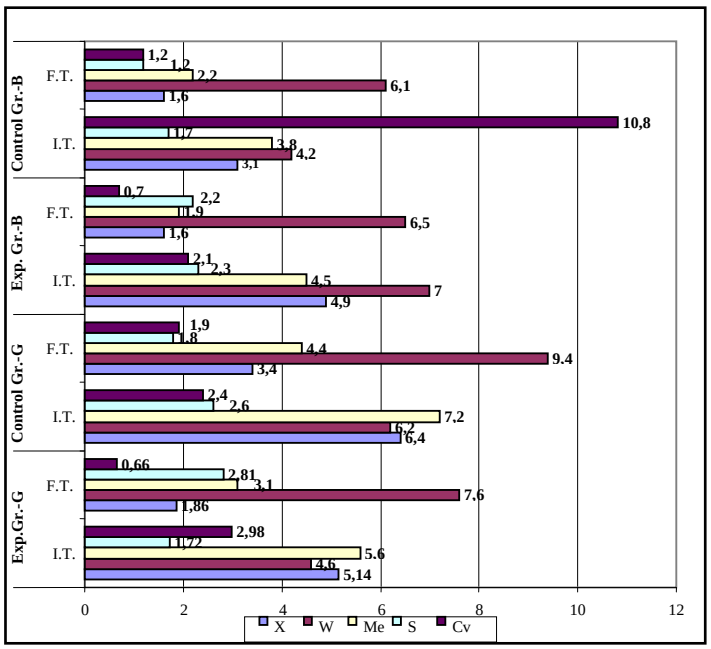

Chart 1. Evolution of Dorgo test's indices

- trend is marked even by the evolution of variation coefficient, which shows an increase of homogeneity in both groups, but more pronounced in the experimental group;
- statistical significance (Student test) reinforces the trend in values resulted.

  So:
  - experimental group (Girls): t (8) = 2.25, p> 0.05, a value that is far above the benchmark, refuting the null hypothesis;
  - experimental group (Boys): t (9) = 2.32, p> 0.05, a value that is far above the benchmark, refuting the null hypothesis;
  - control group (Girls): t (11) = 1.15, p> 0.05, a value that is slightly below the significance threshold (low significance);
  - control group (Boys): t (13) = 2.18, p> 0.05, higher than the table value, refuting the null hypothesis;

In order to create a mirror effect on the entire experimental approach, shown in chart 2 a summary of the evolution of the percentage expression values from control samples used.

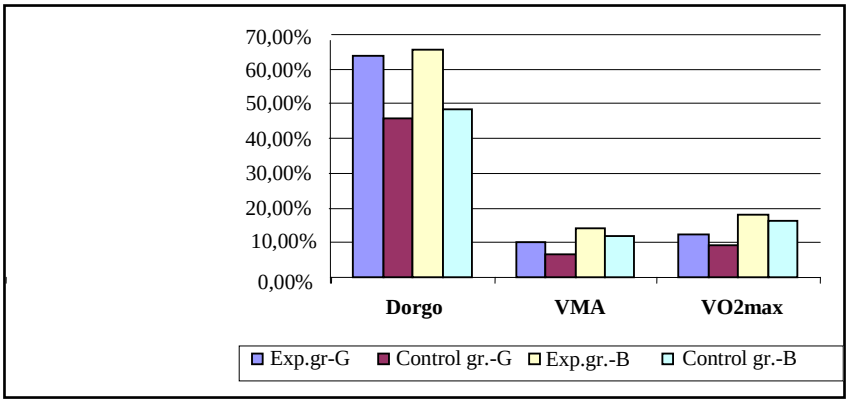

Chart 2. The average change in percentage

CONCLUSIONS

As a result of quantitative and qualitative analysis of data, statistical and mathematical processing, the plan of improving aerobic resistance capacity, we are able to say that the initial hypothesis formulated are confirmed as follows:

- Improving aerobic resistance capacity is certainly statistically supported for both groups, both girls and boys; most substantial progress has been made by the experimental group – boys;
- The statisticall correlations shown are supported by direct observation in the sense that for the most difficult development path ("Dry Valley") were selected subjects who demonstrated that they haven't trouble adjusting to the effort; most of them were part of the experimental group;
- Observed effects are reflected by improving adaptation to exercise on the wellbeing, on the ability to cope with daily demands on general health ultimately;
- For people with poor motility especially for those with predominantly sedentary activity, a previous program of functional adaptation to specific characteristics of mountain tourism efforts of at least four weeks duration, maximize the effects of practical work.

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