Effects of mountain tourism practice on aerobic exercise endurance

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Abstract

Background. Mountain tourism is a business mainly oriented to recreational effects. However, it is possible that the consistent practice of mountain tourism might offer adaptive ways of improvement in some forms of motor qualities.

Aims. This research aims to highlight the extent to wich adaptative ways could be applied by improving some forms of resistance (aerobic capacity), by completing 5 tourist routes over 7 days. The routes were located in the Apuseni Mountains and were graded according to their length, strength and complexity.

Methods. The experiment was conducted on the occasion of the practical application of tourism and sport orientation in Padiş, in the Apuseni Mountains, at a camp. The subjects of the research were 45 first year students at FEFS Oradea (21 girls and 24 boys), matched for age and motor capacity. For this research we used the field test method (Luc Legger test to determine maximal aerobic speed and estimate maximal oxygen consumption), the statistical-mathematical method and the graphic method.

Results. Aerobic exercise endurance, assessed by maximal aerobic speed (MAS) and estimated through VO_2max, improved in all subjects.

Conclusions. An improvement in aerobic capacity (aerobic endurance) can be seen as a result of mountain tourism practice – without this form of motor activity becoming a training means – which recommends hiking on trails not only for recreational purposes, but also as a way to maintain and improve motor ability and a general health level.

Keywords: mountain tourism, capacity, resistance, aerobic exercise.