

Program project for the management and use of the Ic Ponor area in the Apuseni Mountains for tourism and sport for young people

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Abstract

The starting idea is the option of students for the practice of physical education and sport in the form of tourism – walking, hiking, trekking. An inquiry among 1st and 2nd year students has shown that tourism is on the 5th position in the list of general options of students from the “Iuliu Hațieganu” University of Medicine and Pharmacy. Consequently, a project for the identification and management of circuits with different degrees of difficulty in localities adjacent to Cluj-Napoca city was initiated for the practice of tourism as a physical activity, depending on the physical fitness of young people. The program project concerned approaches the thematic area required for the elaboration of management works in the tourist Ic Ponor area, in collaboration with the Forestserv Society of Cluj-Napoca, for the practice of some curricular and extracurricular student sport activities in Cluj county. Curricular physical activities include a mean of 56 hours practical work of physical education (42 hours or 28 hours), depending on the education plan. These hours can partly or fully consist of sports and tourism activities, scheduled intensively in autumn and spring, possibly in winter, combined with skiing.

Keywords: management for tourism and sport, tourism and sport activities, university and pre-university students.