

SNOWBOARDING AS A MODERN FORM OF ACTIVE TOURISM IN POLAND

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Abstract:

The aim of this study is to present snowboarding as a modern form of tourism. This article is a research in the study provided with 110 people. They were divided into two groups: practicing snowboarding and skiing. Issues presented to the surveyed were also divided with respect to these groups. That is why the second part of the study only involved 78 people, who are snowboard practitioners. The intention of the study was to show how many people use this type of physical activity to use their free time as an active holiday. Snowboarding is a sport that appeared recently and has attracted mostly young people, thereby creating a threat to skiing which has been so popular for many years. Nowadays, people pay more attention to human health and so they often choose qualified tourism to supply their body with the necessary stimuli. Snowboarding perfectly reproduces all the characteristics of qualified tourism, providing improvement of health and physical fitness, relaxation and mental rejuvenation. At this point it is necessary to mention that a specialized equipment is needed. Snowboarding as one of the main motives driving winter tourism is widely recognized and increasingly common.

INTRODUCTION

Leisure is not only form of caring for own personal needs [Grzywacz 2013: 134]. The main task of qualified tourism is a psycho-physical rejuvenation and improvement in physical function combined with the ability to learn and get closer to nature. In the mountain areas during the winter months skiing and snowboarding are the main driving force in the functioning of tourism. Qualified tourism requires proper preparation and conditioning and specialized equipment.

In recent years, snowboarding has evolved incredibly quickly and permanently appeared on the slopes. The fun became a sport, a form of recreation and an industry that also deserves a title in tourism. More and more young people choose snowboard instead of skis, and that is why it became a big competition for all known and for many years practiced form of recreation, tourism and sport - skiing.

Together with the first snowfall millions of people go to the mountains to practice snowboarding. Some are going into uncharted expanses to traversing the wild trails (free ride), others prefer to spend time on specially prepared tracks – ‘snowarkach’ in order to develop perfect tricks (freestyle), when yet others prefer a fast ride and racing hard equipment (alpine). There is also enthusiasts of the ordinary pleasure to slide on properly prepared slopes. Regardless of what form it takes, it is important to have the right skills and equipment, and know the basic principles of practicing this form of physical activity.

Research carried out in this article is all perfectly reproduce. Snowboarding is a winter sport that relays on riding the board- snowboard, very often also linked to the performance of evolution and jumping. Snowboarding is a sport so individual that it does not have a strictly

defined rules, own invention is very valued, but to cope on a slope with different snow conditions we need to know the basic driving techniques. Continuous training and painstaking work bear fruit in the future, so it comes to perfection, as the proverb says: "practice makes perfect". Technical skills allow safe and non-exhaustive ride. Well-trained snowboarders cope with the icy, steep slopes, or come out of there by the end of a successful landing after a jump. The technique allows for a conscious and not exhausting ride. It helps not only learners but also the instructors to determine at what stage the student is. As freestyle is an integral part of snowboarding the basic freestyle tricks are also included.

METHODOLOGICAL FOUNDATIONS OF RESEARCH

The purpose of this study is to analyze snowboarding as a growing form of sporting activity, and hence, an attempt to portray him as a modern form of tourism. The research aims to demonstrate that snowboarding is a more popular form of recreation - tourism, taking into account the age of the respondents, than skiing.

The problems of this study are as follows:

1. What are the characteristics of the study group in terms of ontogenesis (age and sex) and the hardware on which they drive?
2. How often surveyed group leaves for active recreation, and in which regions the most?
3. What are the goals and motives accompanied by a select group of people engaging in the practice of snowboarding?

In the article there has been used method of diagnostic survey, while the technique used in this method is a survey. The survey was divided into two parts; the first part - for all respondents and the second part - for people riding on a snowboard. It was carried out by direct interview the author of the survey and posted on the website. The watch is also one of the elements of the techniques used in the examination of the respondents.

THE ANALYSIS OF AUTHOR'S RESEARCH

Table 1. Characteristics of gender and frequency of active leisure

	Daily		Several times a week		Once a week		Several times a month		Rarely (a few times a year)		Total number of persons surveyed	
	N	%	N	%	N	%	N	%	N	%	N	%
Men	15	13,6%	42	38,2%	9	8,2%	7	6,4%	2	1,8%	75	68,2%
Women	4	3,6%	16	14,5%	8	7,3%	5	4,5%	2	1,8%	35	31,8%
Total	19	17,3%	58	52,7%	17	15,5%	12	10,9%	4	3,6%	110	100%

Source: Own elaboration

In the table above persons have been characterized in terms of gender and frequency of leisure time in an active way. The study has covered 110 people, amounting to 100% of the respondents. Respondents were divided into two groups; men - with the number of 75, which gives 68.2% of the participants in the study, and women - 35 amounting to 31.8% of the respondents. Among those, who actively spend their free time every day 13.6% are men, while women only 3.6%, giving a total score of 17.3% of total respondents. Most people, as many as 58 spend actively their free time several times a week, by 42 - and 16 men - women. To a lesser extent - once a week, spending an active holiday is 15.5%, of which 8.2% is a group of men, 7.3% female. The number of respondents who spend their free time in an active

way a few times a month is; male - 7 persons, sex for women - 5th smallest group classified in the range of people who spend their free time rarely, a few times a year. This is a group numbering four persons (two men, two women), amounting to 3.6% of all respondents in the background.

Table 2. Characteristics of participants in terms of active leisure

Source: Own elaboration

	Number of participants	
	N	%
A few times a week	29	26,4%
Once a week	23	20,9%
A few times a month	43	39,1%
Once a month	15	13,6%
Total	110	100%

Among those who actively spend their leisure time the largest group is 39.1% of the respondents, leaving at least a few times a month. Then 29 people representing 26.4% of the total spend several days a week using the winter ski resorts. Much smaller group of 23 persons trying to go far one day a week. Minimum population of a group of people leaving just once a month on the slope is 13.6% of the people taking part in the study.

Question concerning most often visited ski resorts in Poland gives the following conclusions. People were shown 10 objects; Zakopane, Zieniec, Witów, Szczyrk, Wisła, Krynica, Sosnowiec, Białka, Black Mountain, Muszyna - Wierchomla.

Table 3. Characteristics of the respondents in terms of willingness to start snowboarding and contact with skiing before it begins.

Source: Own elaboration

		Number of people surveyed	Yes	No
The desire to learn snowboard by skiers	N	44	26	18
	%	100%	59,1%	40,9%
Contact skiing before the beginning of learning by snowboarders	N	78	50	28
	%	100%	64,1%	35,9%

Table 4. What surveyed to determine the degree of development of snowboarding?

Source: Own elaboration

		Number of people surveyed	Definitely yes	Rather yes	Rather no	Definitely no
Snowboarding is growing faster and faster	N	110	73	34	3	0
	%	100%	66,4%	30,9%	2,7%	0%
Snowboarding is the best form of winter active recreation	N	78	56	22	0	0
	%	100%	71,8%	28,2%	0%	0%
Would you recommend this type of leisure to other	N	78	67	10	1	0
	%	100%	85,9%	12,8%	1,3%	0%
Good conditions for practicing and developing snowboarding in Poland	N	78	18	41	6	13
	%	100%	23,1%	52,6%	7,7%	16,7%

Among respondents, who use a snowboard equipment counting 78 people, is 100% divided into three groups according to their preferred style of driving. The greatest recognition enjoys freestyle, which decided to 46 people with a score of 59%. The next turn choice by survey participants is free riding, with the voice of 29 people, or 37.2%. The smallest group is the alpine style.

Table 5. Opinion of respondents about driving in the snowboard school.

Source: Own elaboration

Skiing learning i the snowboard school		Number of people urveyed	Definitely yes	Rather yes	Rather no	Definitely no
Amount	N	78	28	28	21	1
	%	100%	35,9%	35,9%	26,9%	1,3%

Table 6. Benefits of snowboarding

Source: Own elaboration

Benefits from snowboarding		Number of surveyed	Physical activity	Mental relaxation	Familiarizing with tourist aspects of the region	Improvement of condition	Others
Amount	N	78	77	65	33	64	11
	%	100%	98,7%	83,3%	42,3%	82,1%	14,1%

Table 7. Opinion of the respondents concerning lower stress existence after snowboarding

Source: Own elaboration

		Number of people surveyed	Definitely yes	Rather yes	Rather no	Definitely no
Amount	N	78	65	13	0	0
	%	100%	83,3%	16,7%	0,0%	0,0%

Respondents were asked whether during leisure time on a snowboard feel relaxed and forget about everyday stress. The results are presented in Table 7.

Table 8. Source of purchasing the snowboard equipment

Source: Own elaboration

		Number of people surveyed	Sport shop	Specialized online store	Internet	Commission with the hardware sports	From family/friends	Others
Amount	N	78	41	27	21	10	8	1
	%	100%	52,6%	34,6%	26,9%	12,8%	10,3%	1,3%

DISCUSSION AND CONCLUSIONS

On the basis of detailed studies concerning the presentation of the concept of snowboarding as a modern form of qualified tourism, one can make the following conclusions:

1. Tourist activity - physical form is very important for everyone, but most larger group, which effectively goes for young people.
2. Snowboarding creates a clear threat to ski, because 60% of respondents choosing this form of winter activity where less than 11% belongs to both groups, 29.1% of respondents skiing.
3. Taking into account gender, the vast majority of men 68.2% from among respondents opting for active recreation, women only 31.8%.
4. The most visited winter resort by the respondents (47.3%) is in the Upper Pulawy, where the survey was conducted.
5. Snowboarding is divided into three styles that require different skills and equipment. The most respondents composed of 78 persons (59%) so grown freestyle or freestyle, which in eyebrow appearances is not free and easy. The majority of the respondents 71.9% believe that it is better to acquire the technique and practice in nurseries snowboard. People recoiling snowboarding believe that by practicing the tourist activity gain increase physical activity (98.7%), mental relaxation (83.3%), improvement in the condition (82.1%) and familiarize with the aspects of tourist region (42.3 %) as well as improving mood and make new friends (14.1%). All growers snowboarding feel relaxed and forget about everyday stress, which improves psychophysical forces.
6. As one of the conditions of qualified tourism is having the right equipment, where 85.9% of respondents have it.

Snowboarding is based on sports discipline and may also be considered as a form of tourism and recreation. Tourism is linked to many disciplines and sciences [Grzywacz, Żegleń 2014: 12]. The assumption that snowboarding is a growing and modern form of tourism is confirmed. Most respondents practiced this type of tourism movement recently and believes it can be continued. However, there are people who think that the conditions for snowboarding in Poland are not the best. In terms of qualified tourism snowboarding suited to almost 100%, because it provides improvement of physical fitness, mental and physical recuperation, values of the cognitive and equipment requires specialized equipment.

Summing up all confirmed the hypothesis established, to a greater or lesser degree.

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