

**THE ANALYSIS OF THE TECHNICAL ASPECTS OF  
COMPETITIONS ON THE PEDESTRIAN TOURISM  
PERFORMED BY STUDENTS OF SECONDARY SCHOOL**

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**Keywords:** route maps, participants, age, technical stages, control of time.

**Summary**

The main foundation of tourism activities is focused on hiking activities. In order to assure a performance level during competitions, a conscientious preparation is required along with a substantial assimilation of tactics and strategies. This sort of activities contributes to the verification and the improvement of students techniques and strategies, as well as testing new types of equipment and in particular exchanging good practices.

The pedestrian tourism contest performed in secondary school students can be organized between teams or individuals. During these contests, students are required to pass a track of different levels of difficulty, containing a variety of natural and improvised obstacles. The successful organization of these contests are determined by the quality of the track and the professional skills of the referee.

**The actuality of the subject**

Currently, the pedestrian tourism contest became popular among students and the competitions of this type are held several times a year in Moldova. The young participants are keen to demonstrate their skills and are involved with a strong competitive spirit. The students are given the opportunity to develop their physical and educational abilities [1, 2, 3, 4].

Кодыш Э. [5, p. 6], notes that during last years the organization of pedestrian techniques contests have significantly increased and the most important aspects are the laps complexity of the track. According to the authors Федотов Ю., Востоков И. (2002), the competition activities indicate that students performance in hiking is influenced by the ability

of the athlete to efficiently perform different elements of the pedestrian tourism techniques.

**Research purposes.** Analysis of competitive activity of students in technical pedestrian tourism in the stages of winter.

**Research objectives.**

- 1 Information and reference research concerning the analysis of technical aspects in contests of pedestrian tourism organized for secondary school students.
- 2 Highlighting the particular techniques used in the pedestrian tourism.
- 3 The analysis of student performance during Winter Cup 2015 competitions.

**Research methods.** In order to achieve the goal and objectives, there were used the following research methods: analysis of the informational material and reference papers; the pedagogical observation; technical training tests; statistical and mathematical analysis.

**Field work:** the gym of the lyceum „Mihai Greu” and of the gymnasium „Galata” Chişinău city.

**Subjects:** students of 13-14 year-old, members of Youth Tourist organisation of Moldova.

**Research results**

The competitions concerning the techniques of the pedestrian tourism is organized for different age categories, annually being involved a significant number of participants. In this type of competitions, students participate both in teams and individually. The individual competitions are much more appreciated as every athlete has the opportunity to demonstrate his physical skills and psychological strength. One of the most notorious contests is the Winter Cup, which takes place in the gym of several lyceums and gymnasiums. These contests are divided into several stages (Figure 1).



*Fig. 1. The technique stages on the pedestrian tourism during the Winter Cup*

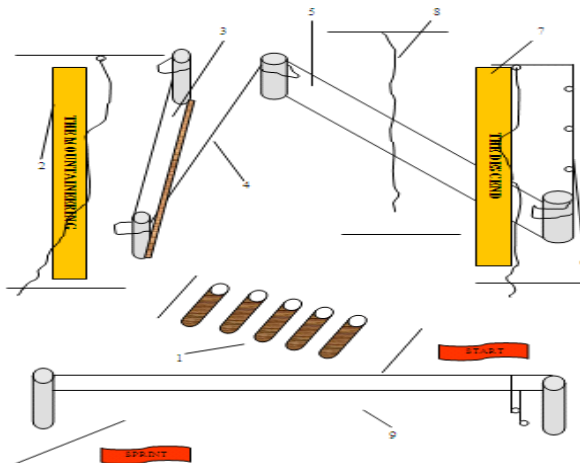
During the winter time, the competitions on the pedestrian tourism are not organized outdoor due to the unsuitable weather conditions. However, this kind of activities is well organized indoor, reproducing a natural route as close as possible. According to the schedule for the techniques on the pedestrian tourism among youth, the winter Cup of Kishinev took place in two levels (December 2015/ I level, February 2016 II level ). The participants were prepared for the next competitions that will take place outdoor and will propose a natural route including a variety of sportive tests.

Following the Figure 1, there are various contest levels in hiking techniques. Still, during the Winter Cup, due to space limits, only a restricted number of these techniques are used. The levels of the route are mentioned in the table below.

**Table 1. The steps of a track during the Winter Cup**

N/o	The type of steps	The equipment	The rules
1	The mounds	The mounds, the starting line.	The participants have to cross the step walking on the mounted mounds by the arbiter.
2	The mountaineer	The railings of the arbiter, local loops at the end of the track, the	The participant have to climb the rope.

	ring	starting line.	
3	The beam	The railing of the arbiter, a beam, local loops, auxiliary loops.	The participant fixes the insurance and begin to cross the track on the beam and the railing.
4	The suspended crossing	A railing , the railing of the arbiter, the insurance, local loops.	The participant cross the track on the attached rope having fixed the insurance. It is prohibited to have a carry back.
5	The parallel strings	A railing, the railing of the arbiter, the insurance, local loops.	The participant cross the track on the attached rope having fixed the insurance. It is prohibited to have a carry back.
6	The crossing	The railing of the arbiter, local loops supporting the insurance at the ending of the track.	The participant has to cross the track being necessary to pass the boundary line.
7	The descend	The railing of the arbiter, local loops supporting the insurance at the beginning of the track, the boundary line at the ending of the track.	The participant has to cross the track being necessary to pass the boundary line having the insurance attached.
8	The pendulum	The railing of the arbiter, the boundary line at the beginning and at the ending of the track.	The participant has to cross the track being necessary to pass the boundary line.
9	The ski	The railing of the arbiter, the local loops for insurance.	The participant cross the track on the attached rope having fixed the insurance. It is prohibited to have a carry back.



**Schema 1. The track with the obstacles included at the competitions on the pedestrian tourism Winter Cup**

Thanks to the individual competitions on the pedestrian tourism, the participants improve their ability to use different parts of the body together smoothly and efficiently, the determination of the relative position of something or someone and the balance between body and mind being focused on the present.

The research has been applied to a significant number of students of the secondary school including ten boys and ten girls. They are members of the various tourist circle and organisation in Chisinau, Moldova. The subjects were kept under a systematic review in order to check and observe the quality of the progress during these competitions. Thus, following the analysis of the results, the participants obtained next outcomes (Tabel 2)

Table 2. The benchmarking of the competitions on the pedestrian tourism (females = 10)

The number of the participants	The steps of the track (number- 9)					
	Time (min.)		Penalty points		Results place	
	At the beginning Stage I	At the end Stage II	At the beginning Stage I	At the end Stage II	At the beginning Stage I	At the end Stage II
1	10,35	9,11	2	1	5	5
2	8,43	7,91	3	0	2	1
3	17,31	16,24	4	0	10	9
4	9,49	9,2	4	3	4	7
5	11,37	10,73	2	0	8	8
6	14,26	13,05	4	6	9	10

7	10,52	8,8	1	1	7	4
8	7,35	7,0	2	4	1	3
9	10,4	10,0	3	0	6	6
10	9,44	8,52	0	1	3	2

*These facts and statistics collected together for analysis were reported to both the beginning and the end of the competitions during the Winter Cup.*

According to the information presented in Figure 2, the results obtained at the beginning are related to the time dedicated to the competitions (7,35-17,31 min), the penalty points (0-4) and the results (1:10). Taking into account that this is the first competition developed inside in a closed space, the results are unassuming or moderate in the estimation of participants abilities.

The total sum of observations shows a decrease of the time performed by the number of the participants (10 girls) at the beginning (7,35- 7,31 min) related to the results at the end of competitions (7,16-7,24 min). The technique and the generalship of the participants during the entire competitions have been appreciated by the arbiter giving the penalty points. At the beginning, the maximal number of penalty points did not exceed 4 points. Throughout the duration of competitions, the subjects were more focused and they avoided the accumulation of penalty points with the exception of one participant who accumulated 6 penalty points.

In accordance with an objective observation, the girls presented at the competitions manifested a significant increase of the rate of motion and the rapidity of movement. The information presented above is an indicator that during the competition the participants can better understand the rules obtaining insurance skills and can better operate with the equipment. We would describe them as being composed, mentally tough, having the right psychology, a great sports mind, emotionally controlled or simply determined or focused on achieving good results.

Table 3. The benchmarking of the competitions on the pedestrian tourism (male = 10)

The number of the subjects	The steps of the track (n=9)					
	Time (min.)		Penalty points		Results place	
	Start Stage I	Finish Stage II	Start Stage I	Finish Stage II	Start Stage I	Finish Stage II
1	5,5	4,98	1	1	1	1
2	7,35	7,0	2	1	5	3

3	10,56	10,15	2	0	9	7
4	8,38	8,2	1	1	4	6
5	10,58	10,3	2	0	7	9
6	6,49	6,49	1	0	2	2
7	14,7	14	3	2	10	10
8	9,34	9,2	4	2	8	8
9	8,18	8,0	3	0	6	5
10	6,56	6,15	1	3	3	4

Analysis of the results has proved the good firmness of the male group and the effectiveness in term of development of performance and overall movement abilities. According to the information presented in Figure 4, the results obtained by the male group at the initial stage in point of time of 5,5-14,7 min and 1-4 penalty points received as a consequence of the committed mistakes during the competitions, underline the emotions of the first participation in an individual competitions inside the gym. It can be seen that the values recorded by the subjects at the initial stage of the competition demonstrate an adequate technique and training skills for crossing the pedestrian track.

After the calculation of averages, we can observe that the sportsmen revealed a progress of 0,52-0,7 min, meaning about 0,18 min between two stages, less than the female group who crossed the track in 0,76 minutes. This progress is observed and in the case of penalty points, the male group has fallen significantly in the final stage, the majority registering a point penalty be either completed technical steps without penalty points, which also rose for the females group. Also the ranking from one stage to another has changed, but which differ from those of the females group where two participants kept their position, and this is all the more visible because they are subjected runners on a first and second place.

Thus, we can deduce that the male group is more stable concerning the final result of the competitions on the pedestrian tourism during the Winter Cup.

### **Conclusion**

Following the theoretical analysis and based on the scientific methods of observations concerning the technical aspects of competitions on the pedestrian tourism, the most authors have noted that in recent year these sort competitions have increased attracting more and more participants.

The comparative analysis of the results of the Winter Cup competitions both male and females have demonstrated a significant

progress at the final stage including all the indices. Thus, the females group has improved the time crossing the track with 0.76 minutes and 0.18 minutes for the male group. The time for the male during the competitions remained much lower than the duration of the participation for the females. This difference in results is observed and in the case of penalty points, for females group 0,9 points and male group 1,0 penalty points from one stage to the next. These observations have largely changed the final classification.

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### **ANALIZA ASPECTELOR COMPETIȚIILOR LA TEHNICA TURISMULUI PEDESTRU CU ELEVII DIN CICLUL GIMNAZIAL**

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**Cuvinte cheie:** harta traseului, participanți, categorii de vîrstă, etape tehnice, timp de control.

### **Rezumat**

Fundamentul principal al activităților turistice este axat pe drumeții. Siguranța și nivelul tehnico-tactic de desfășurare în mare măsură are la bază pregătirea inițială către activitatea turistică, în care un rol important îl joacă competițiile la tehnica turismului pedestru. Ele



contribuie la verificarea și îmbunătățirea pregătirii tehnice și tactice a turiștilor, testarea noilor tipuri de echipamente și schimbul de experiență.

Competițiile la tehnica turismului pedestru cu elevii din ciclul gimnazial se pot desfășura atât pe echipe cât și individual, avînd ca scop parcurgerea unui traseu cu etape tehnice naturale și improvizate, majoritatea cărora se întîlnesc pe parcursul drumețiilor turistice. Succesul competițiilor sunt determinate în principal de calitatea pregătirii traseului și nivelul de arbitraj.