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**Keywords:** sports, tourism, sports-recreational activities

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## **Abstract**

Sports tourism and sports-recreational activities, two complex areas such as sports and tourism, combined in a perfect synergy. A scientific article on sports tourism can deal with various topics, such as the physical and psychological benefits of practicing a sport during a holiday, the impact of sports tourism on the local economy, or the development of tourist destinations dedicated to outdoor sports. Also, such an article can analyze trends in the field of sports tourism and present recent research in this area.

## **Introduction**

Sport and tourism are important components of today's culture and have a significant effect on how society evolves.

The tourism industry is constantly growing and diversifying and is essential for society, culture and the global economy. Nowadays, individuals are no longer looking for conventional forms of tourism, preferring instead to engage in various other forms of tourism. One of the most popular attractions of the XXI century is sports tourism. [9]

Sports and recreation activities are an important part of tourism, as they provide opportunities for people to enjoy nature and exercise during their travels. These activities may include outdoor adventure such as hiking, biking, or skiing, or water sports such as swimming, surfing or boating. It can also include more relaxing activities, such as walks on the beach or in parks. Regardless of the type of activity you choose, they are a great way to enjoy your holiday and keep fit at the same time.

Sports tourism refers to trips made to practice or follow a sport. This type of tourism can include activities such as climbing, skiing, biking, or any other type of sport that requires a particular destination. Usually, people choose to travel to practice sports in the location that offer ideal conditions for them, such as mountains for skiing or beaches for surfing. This type of tourism can be beneficial for both the traveler and the economy of the place of destination, since it brings income from tourism.

Sports tourism can be a great way to combine pleasure with physical activity and can provide opportunities to try out new sports and discover new places.

There is no doubt that the link between sport and tourism is gaining strength in both professional and academic communities. The apparent causes of this unexpected interest come from five fundamental directions:

First of all, there has been an increase in the attractiveness of both national and international sporting events. Significantly, these are the European Championships, World Cups and the Olympic Games.

Secondly, there is a greater awareness of the health benefits that can be gained through active participation in different sports.

Third, governments and world leaders are beginning to recognize the importance of sport for the economy, as well as for domestic and international relations.

Fourthly, there are several sports activities available throughout the year that have been meticulously planned, making everything easier for both spectators and athletes.

Last but not least, people with a sporting spirit are not only more mobile, but also more capable of improved communication thanks to technological advances and global infrastructure.

Despite the fact that much has been written about the specifics of sports and tourism, it seems that there are few writings that address the practical side of the topic and their implications. This issue has been raised by Kurtzman and Zauhar (1995), who support this in that the creation of professional models, active and passive customer profiles and training refresher courses should be future research objectives. [2]

The analysis of sport and tourism should aim at combining the two already different areas into one and developing new areas of interest. The subject of sports and tourism is obviously more than the sum of its numbers; it is not about coaling them to conclude in various logical results. [3]

Until recently, descriptions have always adhered to a conceptual dualism that placed sport on the one hand and tourism on the other, with a discipline distinct from the other. Players and spectators were divided into two categories in sports. However, recent research has reassembled traditional binary opposites into "sports tourism", which is "another", which is larger than the product of its parts. In fact, a quadripartite examination of the initial binary divide, an expansion of sports and tourism tourism in heavy and soft sports tourism, and the sport of heavy and soft tourism is the construction that best reflects this trialectic (sports / tourism / sports tourism). [10]

Sports tourism has emerged as a new form of tourism in response to the different needs and expectations that arise when leisure time expands in developed countries as a result of the increase in the standard of living of resident people (Hazar, 2007). The definition of sports tourism is represented by the involvement of people in activities related to tourism, by participating in sports events or by pursuing sports competitions. Participation in individual or group sports competitions, viewing competitions and domestic or international travel for these tournaments thus fall into the category of sports tourism (Hudson, 2003). Therefore, two categories of sports tourism can be differentiated. The sports

### **Material and method**

Basic theoretical ideas such as analysis, synthesis, abstraction and generalization, and specific scientific procedures have been developed to classify the different modes of inquiry used in research such as the study of the literature and description.

However, we cannot manage what we do not measure and measure physical activity, outdoor recreation and othersimilar activities involves a complex process. Studies vary greatly in methodology, sampling, techniques and methods of analysis. Moreover, many people do not measure the duration or intensity of physical activity, or if they do, they do it only by self-reporting. A meta-analysis of such studies could form the basis for convening a group of experts needed in establishing a standardized protocol for future research. [4]

### **Findings**

As old as humanity itself, it is most likely the sport. It grew along with the progress and expansion of humanity. We can hardly overestimate the importance of sports in our daily lives and activities, because its main purpose is to raise a generation that develops harmoniously - a generation of capable people, healthy people. Sport strengthens our physique and accelerates our responses and shapes our minds. In addition, it prevents us from becoming overweight, provides us with a useful experience for the development of the mind and by actively combiningthe sky of different muscle groups it helps us to self-organize better and more controlled. [2]

Sport takes its name from the Latin word "deportation". Initially, suggesting that people were moving away from the demands and pressures of everyday life. Today, however, both active and passive participants in various sports activities consider it nothing more than a diversion.

Sport can be described in a variety of ways and from a variety of unique perspectives. The following definitions have been chosen to illustrate how sports activity is part of our social world, since definitions are only tools that serve or help to specify a certain level of clarity and characteristics:

Sport is perceived as a game-like event.

Sport is an outdoor activity, such as hunting, fishing, skiing or hiking, which can be carried out for entertainment or recreation.

Since participation in informal sports is entirely voluntary, it is a free activity.

From a competitive point of view it can represent a combination of intrinsic and extrinsic factors that could inspire someone to participate in sports, which is a competitive activity that involves intense physical exertion or the use of highly complicated physical abilities by individuals.

"Physical activities that require the coordination of many muscle groups, have a generally accepted set of rules and give a winner and a loser ."

From a recreational point of view "The game involved and the love for play are the main driver of involvement."

It is essential that activities that are classified as competitive sport are to some extent formally structured and organised within a framework of rules of behaviour and formal and clear procedures. [7]

The attractiveness and current socio-physical contexts of people are related to their desire to travel. In addition, it is a strong economic, environmental and societal force on a global scale. Although, there are a lot of disagreements about what travel means in the context of tourism. The question of whether it is desirable to use definitions based on the actions that are performed or the experiences that are obtained from participation is at the heart of much of this discussion. [7]

Etymologically, the "word "tour" is derived from the Latin "tonare" and from the Greek "tornos" meaning the movement around a central point. Therefore, when the word "tour" and the suffixes "ist" and "ism" are combined, they suggest the action of movement around a circle." [5].

According to UNWTO "tourism is a social, cultural and economic phenomenon that involves the movement of people to countries or places outside their usual environment for personal or business/professional purposes. These people are called visitors (who can be either tourists or hikers; residents or non-residents) and tourism is related to their activities, some of which involve touristic expenses."

The concept of tourism refers to the idea of traveling for recreational or recreational purposes. This may also include business or professional travel, such as attending conferences or meetings. Tourism involves moving people to destinations outside their usual environment in order to experience new cultures, environments and activities.

Tourism can take many forms, such as cultural tourism, adventure tourism, ecotourism and medical tourism. It can involve a wide range of activities such as sightseeing, participating in outdoor activities, experiencing local culture and traditions, and relaxing at a beach or spa.

Tourism can have both positive and negative effects on local destinations and communities. On the positive side, tourism can bring economic benefits by creating jobs and income for local businesses. However, it can also lead to negative effects such as overcrowding, environmental degradation and the loss of cultural traditions. It is therefore important that tourism is managed and regulated in a responsible and sustainable way.

It could be argued that the definitions of travel and tourism and the basic meaning of sport have some things in common. Hanefors and Mossberg (1998) argue that when a tourist travels, he temporarily leaves his normal life behind and becomes free to deviate from everyday life, routine, stress and conventions. When engaging in a tourist activity, the visitor can act in an unusual way, consume intensely and differently, having a distinct behavior. The impulse to escape everyday life – the "pleasure of change" – dominates the reasons for escape, which are extremely strong in travel decisions. The holiday can provide a break from the usual routine in this regard. The following pushing or evacuation factors for travel and tourism are mentioned by Seaton and Bennett (1996): it's a job (such as waking up early, getting a lot of phone calls, dealing with difficult people, etc.) ; lipsa autonomy (due to demanding jobs, strict schedules, etc.) ; unfavorable (social or

professional) c-indications, such as weathera, cultural, social and domestic obligations, such as the obligation of a housewife to take care of her children. [6]

Many studies of sports and tourism journals have focused on sports tourism events. It is obvious that hosting a large-scale event generally has macroeconomic advantages, but the specific nature and extent of the economic consequences are still unknown. Due to the lack of information detailing the extent to which economic impact interacts with social, cultural and environmental impacts, a thorough understanding of the balance of the effects of events also remains elusive. In relation to this, information has multiplied, but is still scarce, on the combination of measures that could maximise the positive balance of benefits (including mitigation of negative effects). Similarly, there is a lack of awareness about the advantages offered by the best return on investment related to events of this kind.

Tourism therefore comprises a wide range of activities, services and related industries that come together to create the distinctive tourist experience, not just the movement of people for various reasons (such as business or pleasure).

The founder of the modern Olympic Games, Baron Pierre de Coubertaine, provides the inspiration for the development of sports tourism. He supported his point of view with the phrase: sport brings people together and helps to improve understanding through this between nations and people.

The idea presented by Coubertaine gave sports tourism the vigor and strength of a foundation. As a result, the field of sports tourism was established, giving motivation for pursuing entrepreneurship in the company and having an economic impact, profitability in the tourism sector. [8]

Sports-recreational activities are physical activities that are done for the purpose of fun and relaxation, and that can be done during a holiday or a touristic stay. These can include various activities such as swimming, hiking, cycling, skiing, surfing, jogging, and more. These activities are a great way to keep fit and enjoy nature during a trip.

Sports and recreation activities are health and well-being benefits during travel. They can help maintain physical shape, improve mood and reduce stress. These activities can also provide opportunities to explore new places and meet new people, which can improve the tourist experience in general. In addition, sports and recreation activities can be a fun way to spend time outdoors and enjoy nature.

Sports tourism also refers to travel and tourist activities related to events or sports activities. This may include activities such as participation in live sports events, participation in organized sports activities or competitions, and visiting sports facilities or attractions. Among the benefits of sports tourism are:

Economic benefits: Sports tourism can contribute significantly to the economy of a destination through revenues generated by the tourism industry, including hotels, restaurants and transport companies. It can also create jobs and stimulate the development of local businesses.

Health and wellness benefits: participating in sports activities can provide numerous benefits for physical and mental health, such as improving physical fitness, reducing stress and increasing social connections.

Cultural exchange: sports tourism can provide an opportunity for people to learn and experience different cultures through events and sports activities.

Community development: Sports tourism can contribute to the development of local communities by providing funding and resources for the construction and maintenance of sports facilities and infrastructure.

Environmental benefits: sport tourism can also contribute to environmental sustainability by developing eco-tourism initiatives, such as responsible travel and conservation efforts.

In general, sports tourism can offer a number of benefits for both the destination and the tourists.

Sports and recreational activities can be an important part of the tourist experience for many travelers. There are several types of sports and recreational activities that can be enjoyed as part of a tourist experience, including:

Outdoor activities: Hiking, biking, climbing, water rafting and other outdoor activities can be popular choices for tourists looking for a more active holiday.

Water sports: Swimming, surfing, diving and other water sports can be popular choices for tourists visiting destinations with a beach or other water bodies.

Team sports: Many tourists enjoy participating in team sports such as football, basketball or baseball during the holidays.

Individual sports: Individual sports, such as tennis, golf or running, can also be popular choices for tourists who want to stay active during the holiday.

Extreme Sports: Some tourists are attracted to destinations that offer the opportunity to participate in extreme sports such as bungee jumping, sky diving, or paragliding.

Sports and recreational activities can be an important part of the tourist experience as they allow travelers to stay active and healthy during the holidays, and can also provide a sense of adventure and excitement. It is important that the destinations offer a wide range of sports and recreational activities in order to attract different types of tourists and to satisfy the various interests and preferences of visitors.

## **Conclusions**

Exists various varieties Perspectives on Tourism sportsman, in function of Individual or Group Involved. Some between Main Perspectives Include: Perspective Economic where Tourism sportsman maybe have an impact significantly on Economies Local in special if Event or Destination attract a number considerably of Visitors. This thing maybe duke at Increase Expenditure for Goods and Services local, such as and at Creating of we Places of work.

Anotherperspective is thesocial perspective in which sports tourism can bring people together and facilitate social interaction and connection, both among participants and among spectators. It can also help promote a sense of community and pride among local residents.

The cultural perspective where sports tourism can expose people to new cultures and ways of life, especially if the event or destination is in another country or region. It can also help promote cultural exchange and understanding.

The environmental perspective in which sports tourism can have both positive and negative effects on the environment, depending on the event or destination and how it is managed.

Last but not least, from a personal perspective, for many people, sports tourism is simply a way to have fun, enjoy new experiences and participate in their favorite sports or activities. It can be a way to challenge yourself physically and mentally and develop new skills and friendships.



Fig. 1. Activities  
sports-recreational

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