

25.6% benefit, which determines tone and increase of muscle strength, recovering and restoring joint mobility and postural capacity, and having a the proper at

CONCLUSIONS

This study confirms that obviously the treatment improves functional recovery in an osteoporotic patient .The patient be integrated into a comprehensive recovery program based on the location of osteoporosis for lifetime. Drug treatment must be done according to BMD endocrinologist, rheumatologist, rehabilitation, any improvement in this parameter does not exclude the risk of falls, risk of new fractures when talking to people over 50 years with multiple other comorbidities generating vertigo, imbalance in walking, uncertainty. Kinetic program, over a 10-day hospitalization is only initiator for an osteoporotic patient recovery. He will continue at home under the supervision of physiotherapist and family doctor. With this paper we aim to warn and attract more subjects in the osteoporotic patient recovery in all its complexity, resulting in the creation of multidisciplinary teams with the same goal: reducing the risk of falls, increased ADL acquis independent motor , social, inform people about the risk of osteoporosis, sufficient intake of vitamin D and calcium in the diet, sufficient intake of vitamin C during the growth of skeleton, smoking cessation and limiting alcohol . Reasonable medication, especially corticosteroid treatment diseases is likely to induce secondary osteoporosis, prevention of postmenopausal osteoporosis by hormone replacement combat sedentary lifestyle and early mobilization after therapeutic rest, encouraging sports activities, especially those outdoors (sunlight, walking) in osteopenia and osteoporosis kinesiology and last line, reducing balance rehabilitation and prevention from the risk of falling down.

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STRATEGIES OF IMPLEMENTING SPORTING-RECREATIONAL ACTIVITIES IN TOURISM AT THE LEVEL OF THE ARGEȘ DISTRICT

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Abstract

Starting from the assumption that the organization of the sporting-recreational activities represent a complex instructive - educational activity which must contribute to an enhancement of knowledge, to the formation of practical abilities, to the development of observation, of thinking and initiative, as well as to the stimulation of the pupils' interest for independent activities with a recreational purpose, we recommend that the objectives of the activities should be established very carefully in order to correspond to the possibilities and interest of school children. The research carried out by us confirmed the above assumption, in the sense that the development of a touristic area cannot be done without a diversity of sporting-recreational activities which play the role of improving the general culture and the acquisition of information, of opening to socialization, to love and respect for nature. Thus, the cultural, natural and touristic potential of the Arges district can be better known and valorized, using intensely the forms of practising tourism, accessible to the different categories of individuals. Tourism is important not only in modelling and shaping human personality but also in the economic area, as it is one of the main sources which bring considerable revenues.

Key Words: *Arges, tourism, sporting-recreational activities, implementation*

SCOPE OF RESEARCH

The scope of research is represented by the diversification of the touristic offer of the Argeş district by means of sporting-recreational activities.

With a view to ensuring the coherence of the present project with the long-term development of the domain, the long-term development potential of the area had been analyzed through a study of pre-feasibility.

This allowed us to take into consideration the potential of a future development in the positioning and dimensioning of the area.

The touristic offer is based on two types of customers:

- a) a touristic offer destined to persons having above the average budgets and with experience in the practising of sporting-recreational activities;
- b) a touristic offer destined to persons with average and below average budgets, including besides ski and mountain bike activities, jumping, hiking, excursions, climbing, alpinism, etc.

Although touristic development is intensely advertised and it is considered that the combination of sporting-recreational activities is one of the opportunities of developing and diversifying offers, we have to mention that this form of tourism is not valorized efficiently in Romania.

HYPOTHESIS OF RESEARCH

As it takes place in the middle of nature, tourism helps us to meet and appreciate the beautiful places of the country, its historical objectives and achievements, to the formation of new groups, develops personal initiative, moral and volitive traits, brings new information and practical modalities of field position, of map reading, develops the capacity of group leading.

Thus, we formulate the following hypothesis:

Within the touristic activities organized and combined with sporting and recreational activities for all categories of tourists, these will exercise favourable specific effects on the constituted social group (communication, integration, socialization, sociability, solutions, offers) as well as on the personality of each participants (knowledge, abilities, skills, operational schemes).

Place, subjects, investigations in the preliminary study and the developed experiment

The experiment was carried out in the area of the Argeş district on a mountain touristic route we consider to be one the most representatives and which contain a series of cultural, educational and touristic objectives.

In order to study the participants behaviour, the research was applied on a sample of 40 individuals, being aged between 20 and 30 years .

The experimental group was involved in a touristic route with many and diversified sporting-recreational activities while the witness group developed a 6 days route with less and more accessible recreational activities.

We have analyzed if the number and diversity of of the sporting-recreational activities increase the number of tourists in the Argeş area, as compared to the classical mountain routes organized so far.

ORGANIZATION AND DEVELOPMENT OF THE EXPERIMENT

In the development of th experiment, 40 tourists were selected who were then divided into two 2 groups, 20 in the experimental group and 20 in the witness group.

Both groups completed the same route; the experimental group completed more sporting-recreational activities as compared to the witness group.

Statistic-mathematical analysis of the differences manifested in the touristic activities of the two groups

The significance of the behavioural differences had been calculated bt the chi-square method

(X^2). To this end, we used SPSS, version 15 and we obtained the following results:

Nr crt.	Analyzed variable	Val. X^2	Degree of freedom	Significance threshold	Interpretation of the difference
1	Attitude	19,6 15	2	0,000	Significant
2	Interest	19,6 15	3	0,000	Significant
3.	Reactions	22,5 00	3	0,000	Significant
4.	Socialization	15,6 75	3	0,001	Significant
5.	Group	19,6	3	0,000	Significant

	integration	15			
6.	Communication	22,500	2	0,000	Significant
7.	Collective behaviour	22,500	2	0,000	Significant
8.	Group norms	22,500	1	0,000	Significant

CONCLUSIONS

In the experimental group, significant results had been obtained by most participants as regards: group discipline, respecting orders, group communication, interpersonal communication, improvement of affective relations, group cohesion and unity of action.

All these emphasize the fact that touristic groups formed spontaneously, acquire personality.

The hypothesis formulated by us was confirmed in the sense that within the completed touristic activities, the participants accumulated a series of information (theoretical, cultural, educative and practical). Thus, alpinism formed a series of technical knowledge such as climbing, bracing, risk taking, together with the control of feelings-fear of heights, courage and self-confidence. We can affirm the same thing about the other activities: touristic orientation, zip line. The two hypotheses confirm also the aspect that the participants improved their behaviour and attitude towards touristic activities in general and the sporting ones in particular, gradually.

Consequently, in relation to the research, to the interrogative assertions and to the suppositions of the development of tourism in Arges, we can formulate the following conclusions:

1. Touristic mountain routes from Arges can be improved with four types of activities, namely:

- A. with historical character, including as an example Fortress Poienari, Mausoleum from Mateiaş, Fortress Cetățeni;
- B. with cultural character including objectives like Monastery Curtea de Argeş, The Fountain Meşterul Manole, The Voivodal Court;
- C. with educational character based on the fact that these ones can support the formation and improvement of abilities, organizational competences, weight transport;
- D. with sporting-recreational character by practising different types of sporting activities.

2. We demonstrated through this pedagogical experiment that persons who practise mountaineering activities intensely and corroborates them with sporting-recreational activities, optimize character traits such as: respect for nature, solidarity, truthfulness, excellence and spirit of adventure.

3. thus, significant differences had been registered between the witness group 1 and the experimental group 2, as users of mountain activities at all attributes of research, exposed through the statistic-mathematical test „chi square” (X^2).

4. After completing the touristic routes, the attitude of the experimental group is significantly different in the sense of a fair attitude towards group 2 (significance threshold **0,001**).

5. As regards the interest of the subjects participating in the experiment, the attitude of the experimental group is significantly different as compared to the case of the witness group (significance threshold **0,001**).

6. As regards the subjects' reactions, the attitude of the experimental group is significantly different in the sense of fair attitude towards the witness group (significance threshold **0,001**).

7. The socialization of the subjects from the experimental group is significantly different as compared to those of the witness group (significance threshold **0,001**).

8. Group integration of the subjects from the experimental group is significantly different from those of the witness group (significance threshold **0,001**).

9. A concerns the collective behaviour at the level of the experimental group, it is proved to be significantly different in the sense of a fair attitude towards the witness group (significance threshold **0,001**).

10. The behavioural analysis of the subjects from the experimental group is significant as compared to the witness group (significance threshold **0,001**).

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