

Nordic Skiing Camp

Personal and social effects

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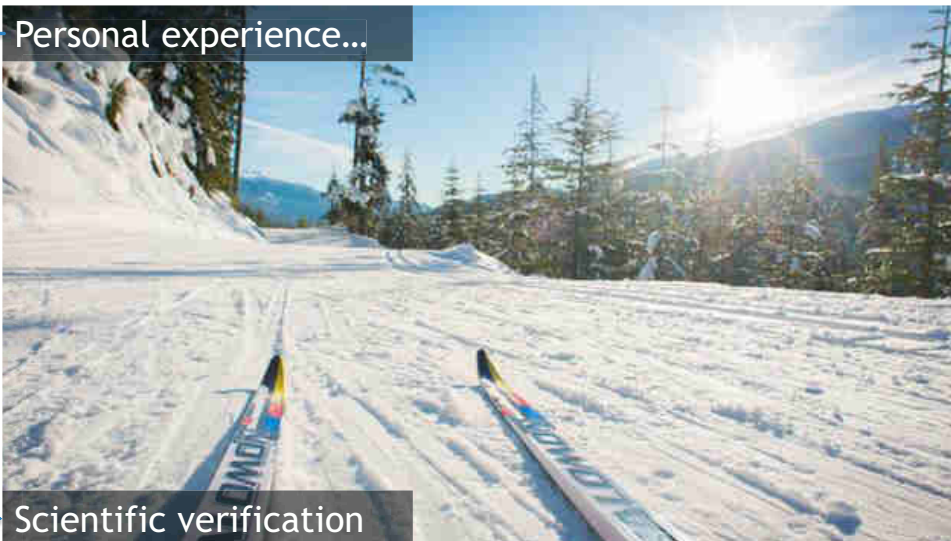
National Institute of Physical Education of Catalonia (INEFC), University of Barcelona
Group of Social and Educational Research on Physical Activity and Sport (GISEAFE)



4th Nature & Sports Euro'Meet
27-29th September - La Seu d'Urgell, Catalonia

1. Introduction

Personal experience...



Scientific verification

'I've been able to deeply know people with whom I didn't even had not spoken before'

'I'm very tired, but I feel a different energy'

1. Introduction

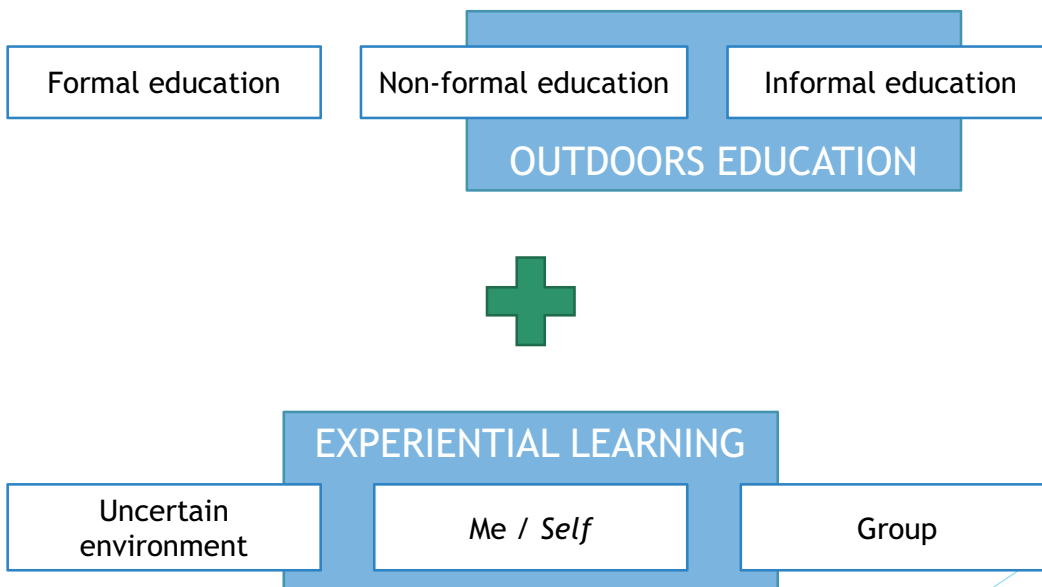
Personal experience...

What has been the effect of a 5-day Nordic Skiing course, in a concentration format, on:

- ▶ The participants' physical, mental and emotional state?
- ▶ The relations established between them?

Scientific verification

2. Theoretical framework



3. Methods (STUDY DESIGN)



Exploratory study + Case analysis



16 participants (22.37 ± 5.28)

INEFC Barcelona students

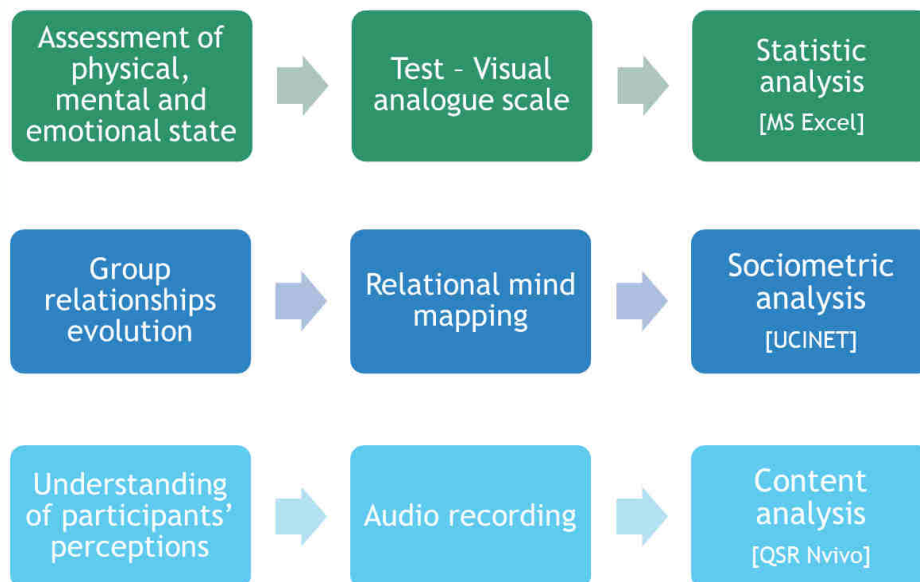
15 male - 1 female



5-day Nordic skiing course (March 2016)

Aransa ski station, Catalonia

3. Methods (TECHNIQUES)



3. Methods (DATA COLLECTION)

Nombre:
 Fecha:

ESTADO CORPORAL

Mínimo Máximo

EXTREMO: EXCELENTE

Cansancio, agotamiento físico, vértigo, mareos, congestión
 Energía física y bienestar
 extremos: superior:

ESTADO EMOCIONAL

Mínimo Máximo

EXTREMO: EXCELENTE

Tensión, humillado, abandono
 Equilibrio, alegría, felicidad

ESTADO MENTAL

Mínimo Máximo

EXTREMO: EXCELENTE

Densidad, pesadez mental, dispersión, lapsos, tiempos
 duros, fuerte autocritica
 Claridad mental, concentración, lucidez
 Pensamientos positivos

ESTADO RELACIONAL

Mínimo Máximo

EXTREMO: EXCELENTE

Reflexión, soledad, Carencia total
 a la relación con el grupo
 Contacto con todos los
 miembros del grupo con un
 alto grado de confianza.

MAPA RELACIONAL

Indica el nombre de las personas del grupo con quienes te has relacionado durante el día de hoy y sitúalas dentro de los espacios siguientes en función del grado de proximidad y confianza.

-

PROXIMIDAD

CONTIENSA

+

YO

Nombre:
 Fecha:

FICHA DE REGISTRO DE AUDIO

- Indica tu nombre, día y hora de registro.
- Describe el momento en el cual estás registrando este audio.
 - ¿Cuándo? (momento del día, después/antes de...)
 - ¿Dónde? (¿qué ves?)
- Describe con detalle aquello que desees sobre:
 - Tu estado corporal.
 - Tu estado emocional.
 - Tu estado social/relacional.

* Indica especialmente si has habido fechas concretas que hayan generado estos estados o algún cambio en ellos. Especialmente en el estado relacional, indica los nombres de las personas con quienes has establecido contacto y el tipo de relación.

Visual analogue scale
2/day
 Morning, before activity
 Afternoon, after activity

Relational mind map
1/day
 Before dinner

Audio recording
Minimum 2/day
 Relevant moments



4. Results

What has been the effect of a 5-day Nordic Skiing course, in a concentration format, on:

- ▶ The participants' physical, mental and emotional state?
- ▶ The relations established between them?

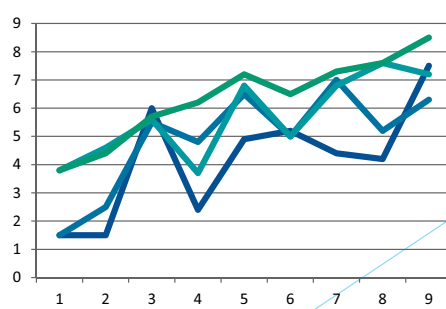
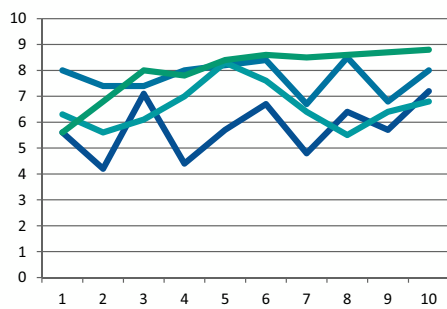
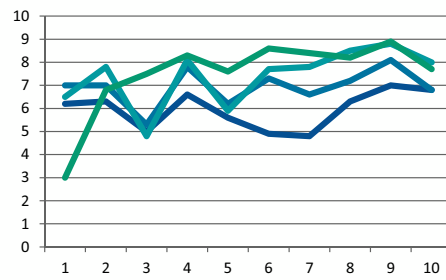
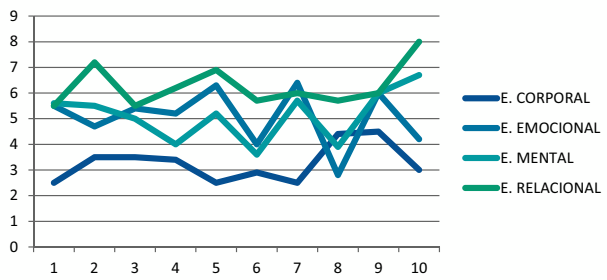


Evolution of states



Interrelationships

4. Results (EVOLUTION OF STATES)



4. Results (INTERRELATIONSHIPS)

Day 1

Day 2

Day 3

Day 4

Day 5

MAPA RELACIONAL

Indica el nombre de las personas del grupo con quienes te has relacionado durante el día de hoy y sitúalas dentro de los espacios siguientes en función del grado de proximidad y confianza:

Nombre

Fecha

4. Results (SUBJECTIVE PERCEPTIONS)

- ▶ ‘The rest of them, I **have no idea of who they are**, their faces don’t seem familiar to me. But let’s get to know them, right?’
- ▶ ‘My state of mind right now is **quite weak**, I don’t know why [...], my emotional state... I’m **not happy at all** [...], and my current bodily state is **worse**.’
- ▶ ‘The relationship with colleagues is **progressing** [...]. With other colleagues, with whom I didn’t speak yesterday, today I’ve managed to speak to them, there has been a little more connection.’
- ▶ ‘With the mates, today has been an improvement, **the group was much more integrated**. We’ve gone much faster, there have not been so many breaks. I think it’s great.’

5. Preliminary conclusions

- ▶ Body, emotional, mental and relational **states highly correlate** in most subjects.
- ▶ Group cohesion (proximity/trust) has increased day by day, until achieving a very high value in relation to the beginning.
 - ▶ Subjective perceptions confirm the data obtained

Study limitations

- ▶ Impossible generalization → First step for future studies
- ▶ Tools testing → Future validation

Thank you!

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