

5.2 Tourism, recreation and health-related fitness: educational resources

The number of people concerned about their health and wellbeing has rocketed. Over a fifth of global travellers are currently travelling for health- and wellness-driven reasons according to the Travel Trends research by a luxury travel network. And its findings suggest this is likely to grow in the future, with global travellers stating interest in travelling for wellness reasons. Wellness travel is clearly no longer something that is confined to the spa, but it has travelled far beyond the hotel, too. Wellness travel has evolved and expanded to encapsulate all manner of experiences that boost travellers' mental and physical health [106].

These days, an increasing number of people believe health is more important to them than it was considered by the previous generations some time ago. Consequently, this has greatly influenced and changed the way many of us want to travel and rest nowadays. Tourism popular tendencies still involve the types of travel aimed to relax with friends, family, partners or children, but tourism professionals are made to progressively take account of the growing focus on wellness in the recent travelling trends.

A review of current literature indicates that people who participate in sports clubs and organised recreational activity enjoy better mental health, are more alert, and more resilient against the stresses of modern living. Participation in sport and recreation activities can reduce stress, anxiety and depression. Participation in group recreation provides a sense of value, belonging and attachment. According to social cognitive theory, behaviour is shaped by the interaction between individual and environmental factors. This theory emphasizes the influence of social interaction in relation to behaviour. There are both direct and indirect links between participation in recreational groups and socially supported physical activity and human health [107].

Therefore, being physically active appears to protect against mental health problems, is very effective in preventing and decreasing moderate anxiety and depression, as well as efficiently improves self-esteem and cognitive functions of the

participants. Organised recreational activity and reduces psychological distress, and people who participate in sports clubs and organised physical and recreational activity enjoy better state of health, both mental and physical.

Health can be defined as complete physical, mental and social wellbeing and not only the absence of illness or infirmity. This is an interesting definition as people tend to feel they are healthy simply when they do not feel ill. This definition clearly describes that health is much more and involves feelings of happiness, social interaction and energy. Fitness can be defined as 'the ability to meet the demands of the environment' and relates to how physically demanding life is. Exercise can be defined as 'a form of physical exercise done to improve health or fitness or both'. It is recommended to follow different activity routines in order to maintain good health and fitness [108].

Nowadays, progressively more people work in jobs that do not require much physical activity. These jobs are usually described as sedentary and mean that the level of fitness required to do them is rather low. This can lead to more people having low levels of fitness and decreasing health levels in society at large. As a result, there would be more people having a low level of fitness in society and their health levels would decrease as well. Thus, recreational tourism activity and health-related fitness are gaining great importance in modern society.

Much attention has long been paid to various issues of education [109-118], along with different aspects of tourism, recreation and health-related fitness [119-127]. Although, there is a need in a more detailed focus on educational resources in the sphere of tourism, recreation and health-related fitness, thus becoming the purpose of the study. The monitoring and comparative analysis of the internet sources [128-144] reveals the main educational resources in this increasingly growing field to be as follows.

Educational resources in tourism

Fundamentals of Tourism. The course is based on basic theoretical aspects of tourism subject. There are terminologies discussed in the course that are generally applied in the practical field of tourism industry. This course is a platform for you to

be prepared for the vibrant opportunities that is waiting for you to enter into the service industry or academics in this particular subject. Some terminologies discussed in this study also applies to the hospitality industry because hospitality and tourism industry are allied to each other. The course covers introduction of travel and tourism; historical aspects of tourism; economic aspects; travel terminologies; types and forms of tourism; elements, nature and characteristics of tourism industry; tourism business; tourism organizations. This course is designed to make you sound in the areas of tourism. Practical exposure could be availed in the industry but the basics will make you understand the field.

Customer Service for Hospitality and Tourism. This is a practical, easy-to-follow book that focuses on customer service specifically for tourism professionals and people who work in hotels and restaurants. It is easy to read, very current, and full of references to all the latest research from both academic and practitioner literature. The beginning of each chapter focuses on the achievements of successful individuals related to the art of customer service. Each chapter contains short, real-life cases to illustrate a particular concept or theoretical principle presented in the chapter, as well as detailed international case studies, which cover a variety of actual business scenarios that stress several concepts. The resource is vital to both students and practitioners as it explains not only the theory behind the importance of customer service but also acts as a guidebook for those wishing to put this theory into practice.

Go with Tourism Teachers' Resources. Go with Tourism was a government funded initiative that specialised in growing tourism and hospitality workforce. It offered jobseekers and employers free tools for job search and recruitment, as well as mentorship or work experience programmes to connect students with fantastic opportunities, and carried out a number of work streams to help educate the public on the successful career opportunities that can be found in the industry. The 16 tourism teachers' resource packs include a range of resources, information and contacts, including services provided by both Go with Tourism and industry operators. The purpose of these packs is to assist educators to prepare to effectively and efficiently deliver the curriculum, when it launches in classrooms, following updates to the

tourism subject. The knowledge hub is your one-stop-shop for everything you need to know about the tourism and hospitality industry. Find tips and tricks to progress your career in tourism or hospitality.

Travel and Tourism Publishing. The website produces textbooks, eBooks and online resources for users all over the world. It only publishes in the travel and tourism subject area, so you can be sure that your resources are developed by specialists to advance travel and tourism teaching and learning. Everybody who creates an account on this website can get free access to extra resources, including the latest news from the travel and tourism industry, extra teaching resources for staff, tourism statistics and a host of other features. The topics include tourism business and customer service, employment and work experience, destinations and visitor attractions, tourism development and impact, etc. You can also buy a subscription to access even more resources. The website works with a team of dedicated and experienced writers, designers, editors and distributors to ensure that our resources are at the cutting edge of travel and tourism teaching and learning.

Tourism Resources for Schools. These teaching and learning resources are high quality notes with lots of activities in addition to exam style questions make these the go-to resources. Demand for quality accessible tourism notes has been high and these well laid notes make them a firm favourite with students of all abilities. Recommended websites are featuring travel and tourism organisations offering relevant statistics through to natural and man-made attractions. YouTube clips include a variety of recommendations on travel and tourism videos, from tourist board promotions to documentaries on the impact of tourism. The engaging fun activities also include: bingo cards – ideal for pair work, topics include destinations, attractions, transport, airports, plus key words for different units; catchphrases – cover all the topics from destinations to visitor attractions; a range of logo quizzes – all travel and tourism themed; puzzles – lots of jigsaw puzzling in degrees of difficulty. New travel and tourism themed posters for classroom are being added monthly.

1300+ Travel and tourism teaching resources. The extensive resource bank provides a range of travel and tourism teaching resources to those working in secondary

schools, colleges and universities as well travel and tourism practitioners and trainers. The travel and tourism teaching resources are differentiated to suit learners of all needs and abilities, ranging from entry to university levels of travel and tourism students. With over 1300 travel and tourism resources, teachers are well equipped to develop a comprehensive learning programme for their students. There are a range of travel and tourism teaching resources organised by topic, including: PowerPoint presentations, printable worksheets, interactive activities, case studies, videos, podcasts, glossaries, reading lists, journal articles, web links, e-books, role play cards, classroom displays and posters, exam practice. As the industry is dynamic and progressive, with ongoing changes to policy and practice, the Tourism Teacher travel and tourism resources are updated regularly and new resources are developed each month.

Educational resources in recreation

Introduction to Recreation and Leisure. The book gives students a broad view of the field, offering them a solid foundation for understanding the industry they plan to enter upon graduation. Students learn from the perspectives of leading professors, professionals, and emerging scholars from around the globe. The book is organized into three parts. In part I, students learn about the foundations of recreation and leisure, including the historical, philosophical, and social issues that have shaped the field. Part II explores various sectors of the field, including leisure service delivery systems, public recreation, and therapeutic recreation, among others. Part III focuses on the programming of recreation and leisure services, including outdoor and adventure recreation, the nature of recreation and leisure as a profession, and more. A glossary of important terms is included in the web study guide and instructor guide, which are part of the ancillary package. With its cutting-edge view of recreation and leisure services, the book prepares students for success in the field of recreation and leisure.

Recreation Kit Guidance – Education Kit Handbook. This is a digital version of the Users' Guide Recreation Kit, available on the supply catalogue in English, French and Spanish. It provides guidance on the Recreation Kit and is one of UNICEF educational pre-packaged kits designed for front-line workers. This guide starts with a description of the kit content and guidelines and ideas on specific activities using the

content. The module also contains guidance on psychosocial activities and on how to create of an inclusive class environment. This publication is part of a series of manuals intended to strengthen the impact of UNICEF's education work from the first phase, where the opportunity to learn provides children with much-needed psycho-social support through our efforts to foster learning, growth and development. With the manuals, the education kits, and proper teacher training, it is possible to extend the utility of the individual kits, improving the quality of the initial education response and the transition into development.

Association of Outdoor Recreation and Education – Virtual education. The Association of Outdoor Recreation and Education (AORE) is one of the leading organizations dedicated to serving the needs of outdoor recreation professionals and facilitators. It works to provide valuable content to its members through their benefits, including virtual education and professional development. When you commit to professional development with AORE you will receive a framework to grow your programs, interact with other professionals, influence decisions that affect the human-powered outdoor recreation industry, and more. The association offers professional development and learning opportunities in three ways: annual conference, live sessions (professional development webinars, networking, inclusive summit), on demand content (pre-recorded sessions, self-paced courses, blog, equity challenge, podcast). Many of the sessions are casual and a great place to network and meet fellow education leaders and facilitators.

Recreation Resources – Teachers Pay Teachers. TPT is the go-to place for absolutely any learning need. It is the world's largest marketplace of resources, powered by a global community of experienced educators. Here, educators can find endless innovative and inspiring ideas to address every learning moment. It is the world's most popular online marketplace for original educational resources available for use today, including more than 1800 resources for recreation, and more than 56 resources for leisure and recreation skills. TPT has everything educators need to bring more creativity to their instruction, better engage students, and level up their teaching skills. Together with the community of talented teacher-authors, TPT makes it possible

for educators to share their imaginative techniques and ideas with each other. With new content added daily, innovative resources are always just a few clicks away. The website was created where educators from everywhere could share their ideas and resources with a potential impact on education at large.

Recreation Administration Resources. Open Educational Resources are free online teaching and learning materials. They are videos, textbooks, quizzes, learning modules and more. This guide collects the best OER and organizes them. This is your resource to navigate finding your text/material information early, using the information to your advantage. And most importantly, thoughtfully researching and comparing the following options: finding books/content online, using library checkout, sharing textbooks/materials, researching content. The resources in recreation include as follows. MERLOT offers free and open online teaching and learning services contributed and used by an international education community in recreation. OER Commons is a curated collection of textbooks and resources for studies in recreation, additional recreational resources are available through the leisure activities subject. MIT provides open, online courses in scuba, tennis, weight training, archery, fencing, sailing, and physical intelligence. Digital library portal contains the metadata of the YouTube channels of the world's top universities. Open Educational Resources are teaching and learning materials that you may freely use and reuse, without charge.

Therapeutic Recreation Resources. The Therapeutic Recreation Directory page has been developed for those individuals wanting to know more about therapeutic recreation and recreational therapy. Leisure education and therapeutic recreation are assistive tools to enable the individual to gain a broader understanding of where, why, how, and with whom he can pursue his leisure interests and experiences, and learn more functional responses. This means to develop different modes of leisure behaviour, which will enable the individual to adapt to the environment to meet his free time needs. Professional groups involved in this web site include recreational therapy, therapeutic recreation, nursing home activity directors, creative arts, experiential therapy, in-home recreation, physical education for special populations, music therapy, equestrian therapy, and related therapies along with those seeking information are

welcome at the Therapeutic Recreation Directory. This is an independent recreation therapy web site with information and resources supplied by its users.

Educational resources in health-related fitness

Concepts of Health-Related Fitness. This is a useful resource book, which is structured to provide essential cognitive knowledge in the significant area of health-related fitness. Concepts of Health-Related Fitness is now also available in an updated eBook format. The new eBook edition is supplemented by the included learning objectives, chapter outlines, list of key terms, visual aids, and index. The multimedia package features of the book comprise the efficient interactive activities such as: crossword puzzles, fill in the blank activities, matching exercises, and laboratory exercises. Concepts of Health-Related Fitness serves as a university level textbook, which is primarily focused on the four substantial health-related fitness areas: cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.

Fitness Education for Children. The latest edition of his book emphasizes the importance of collaboration to combat obesity and promote active lifestyles. The author shows how to combine the efforts of physical educators, administrators, classroom teachers, school volunteers, parents, school lunch personnel, health service professionals, and others in the community. He provides new suggestions and information on incorporating the team approach to help schools meet wellness policy objectives. He also spells out a school wellness approach with the physical educator as physical activity director and guides you in integrating school fitness breaks and activities in the classroom curriculum. Fitness Education for Children also offers strategies for cross-curricular activities and classroom collaborations as well as suggestions for using technology to enhance your communication with students and parents. You will also find updated references throughout the book as well as new websites for further information.

Fitness and Well-Being for Life. This is the loose-leaf version of the second edition, which offers students a less expensive, printed version of the text. It provides a personal and interactive tool for college students to learn how to lead and sustain

lives that are healthier, happier, and more productive. Evidence-based physical and mental health guidance is presented in an accessible writing style and organized in a logical progression, resulting in a text easily relatable to and understood by college students. With an emphasis on behaviour modification to develop long-term health habits, challenges specific to college students are addressed, including stress management, substance abuse and addiction, sexual health, weight management, cardiovascular exercise, strength training, functional fitness training, and nutrition. Comprehension of the content is gauged through automatically graded chapter quizzes assigned and tracked by instructors within HKPropel. The book helps students learn how to make healthy choices and enact positive behaviour changes to lead healthier and happier lives both now and in the future.

Health-related education – KidsHealth in the Classroom. It is one of the most-visited sites on the web for information about health, behaviour, and development that is created for parents, kids, and teens. KidsHealth has been providing free online information for kids, teens, and parents since 1995. KidsHealth in the Classroom and KidsHealth are part of foundation, created to improve children's health. KidsHealth in the Classroom offers free health education resources, all aligned with health education standards. Health experts review all of the 200+ Teacher's Guides, which feature: links to age-appropriate, expert-approved resources for kids and teens, discussion questions, classroom activities and extensions, printable handouts, quizzes and answer keys. Students will comprehend concepts related to health promotion and disease prevention to enhance health; practice health-enhancing behaviours and avoid or reduce health risks; advocate for personal, family, and community health. The free email newsletter provides timely links to valuable resources for educators, students and their parents.

Introduction to Physical Education, Fitness, and Sport. This book covers a broad spectrum of careers and professions, including those in physical education, health, dance, fitness, sport, recreation, athletic training, and athletic administration. The authors provide an overview of the respective professions and offer a deep dive into individual careers. The new chapters on dance education, recreational leadership, and health education broaden the book's scope as they show the role these allied physical

activity professions play in the larger efforts to promote and support physical activity as a way to create a healthy citizenry. All chapters throughout the text have been updated to reflect the most current information on the topics. And the book's web-based ancillaries, which include a range of instructor tools, have also been revised and expanded. Ultimately, this book will help new generations of physical activity professionals provide positive solutions to the problems that exist in their fields and make lifelong impacts on their students.

On the basis of the above findings, the following *conclusions* can be made. Nowadays, people's travel habits are rapidly changing around the globe. Sports travel with its tangible benefits and measurable outcomes is becoming a thriving area of human wellness. There is also observed a clear relationship between participation in organized physical activity and recreation, and enhanced mental health and wellbeing of a community. Recreational physical activity can significantly improve wellness of various population groups.

Health, fitness, travel and recreational activity are essential to the sporting and life performance of humans. The relationship between the three is cyclical. Good examples of this could be walking or cycling together to work or to school, taking part in games together in the back garden and participating in active experiences at the weekend. Children learn a great deal from their parents and therefore it is important that parents present active role models and opportunities for their children. In this context, it becomes essential that health-related activity is built into the structure of a typical recreation and travel pursuit of every generation.