

The Benefits of Mountain Climbing in the Physical Well-Being of Young People

Authors : Zylfi Shehu, Rozeta Shatku

Abstract : The aim of this study is the identification of the goods and the consequences it brings up the mountain climbing to the youth, how mountain climbing influences in physical activity and the health of young people. Taken to study 37 young people aged 18-30 years, 25 males and 12 females. The selection was made at random and voluntary. Subjects were not professionals but amateurs climbing in the mountain. They were informed and instructed for the test to be carried out. The ascent was made in January 2016 in the Mount of Gjallica in Kukës, Albania, the height of the mountain is 2489 m above sea level. Backpack for each subject weighing 32 kg. Time of ascent, attitude and descent was 6 days. In 22 males, 2 of them did not afford the ascent on the first day and went back. Of the 12 women, 5 of them withdrew on the first day. During the descent on day six, 20 males 7 of them had minor injuries, three with serious injuries. While a total of 7 women, 4 of them had minor injuries and one with serious injuries. Most of the men and women who deal with physical activity throughout life faced the light and were not injured, and the rest that were not dealt with physical activity were more injured. Lack of experience and knowledge was one of the causes of injuries. The subjects had anxiety all the time, uncertainty and fear of avalanches of snow and difficult terrain.

Keywords : climbing, physical activity, young people

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