Content

5

INTRODUCTION

Foreword to the publication of papers from the conference IMOSC

8

V. BUNC

Walking in nature

18

J. BALÁŠ, M. LUŠTICKÝ, A. J. MARTIN

Physiological responses to moderate and high arm work during walking with poles

24

P. ALLISON, K. VON WALD

Enough about the outcomes ... what about the process: Personal development and experiential learning

32

J. NATHAN

Injury Prevention in Marathon Runners

40

B. STREJCOVÁ, L. ŠIMKOVÁ, J. BALÁŠ

The association between ankle strength, postural stability and regular slacklining

44

M. NOSEK, V. HAMAN

Determinants of a simulated cross-country skiing sprint competition using skating technique on roller skis by junior XC skier

52

J. DLOUHÁ

Outdoor activities and natural environment: a resilience metaphor bridging the human-natural interface

58

J. DLOUHÝ

Orienteering and sustainability in the Czech Republic

64

M. McCLURE

Managing Outdoor Sports

70

I. MYTTING, I. MYTTING

To be in the mountains to climb or to climb to be in the mountains? – The notion of competition in Norwegian mountaineering.

74

J. NEUMAN, I. TURČOVÁ, A.J. MARTIN

Czech research in outdoor experiential education

80

R.TUULA, A.J. MARTIN

Organization management and the development of a qualification system in the outdoor recreation sector: A case study of Estonia

88

S. SIEBERT, M. KOLLECK

Difficulty rating in mountain biking