

Outdoor adventure- and lifestyle sports

Erik Backman, The Swedish School of Sport and Health Sciences, Sweden, erik.backman@gih.se;

Johan Arnegård, The Swedish School of Sport and Health Sciences, Sweden;

Klas Sandell, Karlstad University, Sweden

In recent decades there has been an increasing dynamic interplay in the “borderlands” of sport between closely related phenomena like outdoor recreation and nature tourism (see e.g. Bale 2006, Fredman et al. 2008a and Wheaton 2007). Two trends within these “borderlands” are explored in this study: the sportification of traditional outdoor activities and the liberation of outdoor activities from the landscapes in which they were originally performed. From a perspective of modernization, the following questions are addressed:

1. What is the state of knowledge regarding trends within outdoor adventure- and lifestyle sports?
2. How are examples of activities, places and perspectives within outdoor adventure- and lifestyle sports expressed?

To answer these questions, conventional literature studies of, firstly, academic journals and, secondly; magazines, photographs and commercials, have been conducted. The result shows that tendencies towards the sportification of outdoor adventure- and lifestyle sports (see e.g. Breivik 2010 and Wheaton 2004) and the liberation of these activities from their “original” landscape (see e.g. Daniel 2007 and Bottenburg & Salome 2010) are significant. Of importance from a practitioner perspective is that a “grey-zone” containing several new activities and dynamics is being established in the “borderlands” between sport and outdoor recreation (Sandell, Arnegård & Backman 2011). From an academic perspective, the identified intersection between the climate debate and the nature-related activities that can now be per-

formed indoors is important (see e.g. Sandell 2011 and Sandell & Öhman 2010). Another result that indicates a need for further research is that issues of accessibility, especially for young people, should be considered in relation to the increasing certification and specialization that characterizes the development of outdoor activities (see e.g. Bäckström 2011, Fredman et al. 2008b, Lundvall 2011 and Odden 2008). The current renegotiation of ideals, activities, places and environments related to the traditions of outdoor recreation and sport is discussed, most notably regarding:

- a) Constructions and environments for activities previously performed in “natural” landscapes.
- b) Accessibility to outdoor adventure- and lifestyle sports for young people.
- c) The health aspect of traditional and sportified outdoor activities.
- d) Inclusion and exclusion in relation to outdoor adventure- and lifestyle sports.
- e) Physical planning and sustainable development in relation to outdoor adventure- and lifestyle sports.

Bale, John (2006). “Human Geography and the Study of Sport”.

I: Coakley, Jay & Duning, Eric. *Handbook of Sports Studies*. London: Sage.

Bottenburg van, Maarten & Salome, Lotte (2010). “The indoorisation of outdoor sports: an exploration of the rise of lifestyle sports in artificial settings”. *Leisure Studies*. 29(2), pp. 143–160.

Breivik, Gunnar (2010). “Trends in adventure sports in a post-modern society”. *Sport in Society*. 13(2), s. 260–273.

Bäckström, Åsa (2011). Inkludering och exkludering, i: Sandell, Klas; Arnegård, Johan & Backman, Erik (red.). *Friluftssport och äventyrsidrott: Utmaningar för lärare, ledare och miljö i en föränderlig värld*. Lund: Studentlitteratur, pp. 216–218.

Daniel, Diane (2007). “Charlotte”. *Backpacker*. 35(4), p. 31.

Fredman, Peter; Karlsson, Sven-Erik, Romild, Ulla & Sandell, Klas (eds.) (2008a). *Vad är friluftsliv? Delresultat från en nationell enkät om friluftsliv och naturturism i Sverige. Rapport No. 4. Östersund: Forskningsprogrammet: Friluftsliv i Förändring*.

Fredman, Peter; Karlsson, Sven-Erik, Romild, Ulla & Sandell, Klas (eds.) (2008b). *Vilka är ute i naturen? Delresultat från en nationell enkät om friluftsliv och naturturism i Sverige. Rapport No. 1. Östersund Forskningsprogrammet: Friluftsliv i Förändring*.

Lundvall, Suzanne (2011). En genusanalys, in: Sandell, Klas; Arnegård, Johan & Backman, Erik (eds.). *Friluftssport och äventyrsidrott: Utmaningar för lärare, ledare och miljö i en föränderlig värld*. Lund: Studentlitteratur, pp. 212–215.

Odden, Alf (2008). *Hva skjer med norsk friluftsliv? En studie av utviklingstrekk i norsk friluftsliv 1970–2004. Doktorsavhandling. Norges teknisk-naturvitenskapelige universitet*.

Sandell, Klas (2011) *Miljö, pedagogik och landskap*, in: Sandell, Klas; Arnegård, Johan & Backman, Erik (red.). *Friluftssport och äventyrsidrott: Utmaningar för lärare, ledare och miljö i en föränderlig värld*. Lund: Studentlitteratur, pp. 119–138.

Sandell, Klas & Öhman, Johan (2010). “Educational potentials of encounters with nature – reflections from a Swedish outdoor perspective”. *Environmental Education Research*, 16(1), pp. 113–132.

Sandell, Klas; Arnegård, Johan & Backman, Erik (eds.) (2011). *Friluftssport och äventyrsidrott: Utmaningar för lärare, ledare och miljö i en föränderlig värld*. Lund: Studentlitteratur.

Wheaton, Belinda (2004). *Understanding lifestyle sports. Consumption, identity, and difference*. London: Routledge.

Wheaton, Belinda (2007). “After sport culture: Rethinking sport and post-subcultural theory”. *Journal of sport and social issues*, 31(3), pp. 283–307.

