

## Study on the Dynamic Development of Folk Custom Sports and Inheritance Innovation in Heilongjiang Province

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### Abstract

*Folk cultural resources is an important part of the Chinese traditional culture, it includes not only the traditional sports activities, but also new formation of folk sports. At the same time, the development of network technology promote the education reform of college physical teaching, sports course teaching shows the trend of diversification. In this paper, we first analyze the characteristics of Heilongjiang folk sports, and then propose cultural characteristics, geographical features and creativity of folk sports. On this basis, we studied the development of folk sports curriculum resources by using network platform. The result shows that more than 48.5% teacher know well of folk sports, more than 61.3% teacher think it is necessary to carry out the folk sports. Overall, the development of folk sports is not only a way of entertainment, but also a way of folk cultural heritage.*

**Keywords:** *Folk custom sports, Network teaching, Inheritance innovation, Cultural resources*

### 1. Introduction

China has abundant resources of folk culture, folk sports culture is one of the most valuable resources of. Folk sports as an important part of the excellent traditional culture of the Chinese nation, has been as a Chinese form of life, it played an important national emotions, appreciate the national customs, ethics, construct the colorful life of agricultural civilization. Folk sports development to today, its content and form of a more diverse. It includes not only the national traditional sports activities, including in different conditions of time and space, incoming, and be absorbed and digested into the national sports, hundreds of years of heritage of the ancient project, has now spread very widely and deeply loved the people of the formation of new folk sports [1]. National Traditional Sports and folk sports is closely related to, but the different objects, national traditional sports culture is a nation's overall sports culture and folk sports culture is people, the original ecological sports culture.

The national traditional sports culture includes folk sports culture, but the folk sports culture cannot cover the national traditional sports culture. Although national traditional sports culture is the cultural body, but its source in the folk sports culture, folk sports culture although unknown, unrefined, but it is the national traditional sports culture foundation [2]. Folk sports are a branch of national traditional sports. In total, the folk sports are a kind of entertainment and leisure to watch with health as the main objective of social and cultural phenomenon [3]. To participate in such activities, can enrich people's cultural life, improve people's physical and mental health, make people's leisure life rich and colorful, and can also strengthen cultural exchanges and friendship among nations and regions. Budding folk sports, are closely linked with people's life style and

social customs, its survival and development but also with people's production and life, cultural activities are closely linked. The evolution of folk sports in the long development process, the formation of distinctive ethnic characteristics, has become part of people's life closely. Heilongjiang has a long history of folk sports, with obvious regional characteristics. And some folk sports are still in the minority areas the people's fitness, entertainment and promote the production of effective means. The characteristics of folk sports project of ice and snow, visitors have to is located in the Songhua River, Wanda Plaza, where you can experience rich and colorful folk sports project. The world of sports in folk, traditional sports, folk sports, and national sports is an important part of human sports culture. Since the study on theory and practice of the sports culture has been a focus in academic circles [4]. About the past folk sports have many different names such as traditional sports, folk sports, folk sports. This study through the analysis of relevant research achievements of domestic and foreign scholars, using the theory of ethnology, folklore, traditional science and other related disciplines, to at present, the domestic academic circles using relatively vague, confusing folk sports, traditional sports, folk sports, the national sports related concept and Heilongjiang folk sports development characteristics *etc.* to sort out.

The university sports teaching reform deepening, the construction of physical education curriculum content has a diversification trend. In martial arts for leading the national traditional sports teaching content in ordinary university sports curriculum content setting has occupied a considerable ratio compared to the contrast, as an important part of national traditional sports of folk sports, in today's college sports teaching content reform is in the weak link, the construction of teaching contents accounted for overall curriculum content ratio is quite small. Although, in recent years, many colleges and universities have the dragon and lion dance, drum and other folk sports into the physical education classroom, some colleges and universities for Nationalities in sports course opened the pearl ball, fireworks, gyro, cricket, crossbow and other projects. Through setting the PE curriculum of high school folk in Heilongjiang Province now, universities in only some colleges and universities in the teaching of physical education opened the folk sports curriculum content, therefore, we discuss and research the current situation of the development of folk sports curriculum resources and the existing problems of the sports curriculum resources development, colleges and universities to deepen the reform of school physical education curriculum, including has positive significance for the inheritance and protection the national traditional sports culture and intangible cultural heritage.

## **2. Literature Review**

### **2.1. Folk Sports**

Folk sports and sports tourism as a special life experience, is the result of social and cultural life development and continue to meet the psychological needs of people. Ancient Greece, ancient Rome games is the beginning of modern sports tourism and budding in seventeenth Century, social skills are becoming more and more important, including physical exercise, sports. In nineteenth Century, tourism has been the rise in foreign countries. But the rise of the modern sense of the sports tourism is at the beginning of twentieth Century. Especially in twentieth Century 60 to 70 years, set off a boom in the development of mass sports, leisure sports have become an important component of people's life, become a part of people's life. Therefore, the study abroad is more comprehensive and in-depth [5-6]. The researchers believe that, in the traditional festival of folk sports is one of the main contents of the festival, the festival is connected with folk sports, an important carrier of dissemination of folk sports. Folk sports is an important part of our national traditional sports, is China's national essence of ancient farming. As a

cultural form peculiar to people's life, folk sports, we think more or through various nationalities at the age of folk festivals or festivals and other recreational activities are the inheritance and development.

Some scholars have pointed out: in the competitive sports in folk sports. Wang Gang said: some achievements of national traditional sports, the national sports modern transformation, partially refined and development of elite sports [7]. Medals will lead to national minority sports cultural community guide; is a bridge between the ethnic groups in China and the Chinese nation and world sports; is stage to display of minority culture; is to urge the development of minority sports lagging status change of the catalyst, is attracting the whole society pay close attention to the focus of the national minority sports; folk sports as an important medium for cultural exchanges between the East and the west, through the international organization of folk sports competition and exchange activities, can make many once confined to the narrow geographical space in the development of folk sports in the intersection of the sports culture in the world tide, continuous communication and spread to the world of sports.

## 2.2. Folk Sports and Sports Fitness

In mass fitness of folk sports, folk sports as a kind of mass sports and fitness activities, is an important part of the national fitness, with extensive and profound folk cultural foundation. In a certain extent, reflects the people of our country society, history, politics, the economy, culture, customs and other cultural features [8]. Folk sports widely exists in folk, it is to carry out the rural sports culture and an important part of the effective organization form, and the comprehensive construction well-off society required the national fitness system establishment, the difficulties and the key lies in the development of rural sports activities. Community management lags behind, sports associations by all levels of Sports Bureau approval and by the civil affairs departments at all levels are approved in accordance with law of registration of establishment, all levels of Sports Bureau as a competent business unit to manage numerous sports clubs, guidance of sports clubs at the same time, strength is obviously insufficient. The folk sports in school sports. Some scholars have pointed out that China's history of the development of national traditional sports has a long history, contains rich traditional culture, various schools of variety, diverse forms and methods, set health, fitness, sports, entertainment as one, with strong mass base and carry forward the traditional culture education significance, but this resource has not been due to the integration, development and introduction of the teaching [9]. To complete the new curriculum reform put forward the scientific development of the sports curriculum resources of the objectives and requirements, and there is still a big gap, should strengthen for the research on the theory and practice of the sports curriculum resources to clarify the concept of sports resources, strengthen the consciousness of physical education curriculum resources, to provided high physical education curriculum resource development and utilization level. Folk Physical Education Curriculum in primary and middle schools of development and utilization, is clearly an important aspect of the school education of traditional culture, it has help to the construction of the school moral education, is conducive to the healthy growth of the students thought, to create a school culture and education environment has a role.

Discussion on traditional sports concept in academic circles at home very much, and made a number of achievements. Scholars have researched the concept of traditional sports from the perspective of national traditional sports, to discuss the concept of scholars mainly revolves around the concept of national traditional sports and the. The traditional sports of all kinds, the nation created in the production and daily life of the rich and colorful, rich and unique local characteristics of the national sports and fitness methods. Some people think that traditional sports refers to the region or race by ancestors inherited the sports activities, so in a certain range and folk sports have been repeated; others think traditional sports means that the ancestors in labor, combat, entertainment,

fitness, and other activities to create developed, after thousands of years of spread and evolution of sports activities. Or that the variety, the nation created in the production and daily life of the rich and colorful, rich national style and unique local color sports and fitness methods.

### **2.3 Folk Sports Network Teaching**

Colleges and universities through the development of folk sports network teaching can make better use of current have various kinds of sports teaching resources, so that the limited sports equipment and sports venues, as well as teachers education resource to be fully utilized, and fully improve ordinary university sports classroom teaching quality, enrich extracurricular sports activities of college students, improve their physical education learning enthusiasm and initiative, so as to improve the physical quality of the college students[10]. At the same time, to break the limitations of time and space for the traditional sports teaching mode, to a whole new way to better promote the sports colleges and universities inside and outside the classroom learning, as they provide more learning time and space, so as to enhance the popularity of sports theory knowledge, promote the improvement of PE teaching quality in Colleges and universities.

The ordinary university folk custom sports network teaching platform design can be according to the characteristics of sports teaching, in teaching and follow sports theory and principles of law, at the same time, reflecting the widespread and abundant teaching resources, folk sports skill learning provides more favorable guidance, but also provide more effective learning skills and support, and strive to create favorable conditions for the development of students' aesthetic consciousness and improvement of the ability [11]. At the same time, to good at using a variety of network learning environment, the folk sports network curriculum teaching design in line with the characteristics of the network teaching environment, in the network teaching platform design must also take account of network request to teachers and students themselves, so as to make full use of network advantage, and focus on network problems and its own weak, in the traditional sports teaching in the field of looking for reasonable remedy.

## **3. The characteristics of Heilongjiang Folk Sports**

### **3.1 The Characteristic of Culture**

Folk sports culture is an important part of China's traditional sports culture, due to the different background of the nation's living environment, religious beliefs, customs and culture, economic development to create unique, rich and colorful folk sports culture, along with the human social and political, economic and cultural development and change, to promote the development of sports culture. In recorded history, the area of Heilongjiang belongs to the wilderness, because of the specificity of the climate and environment; a few people choose to live here. The unique geographical environment of Heilongjiang area is north of many nationalities in the growth and development of the cradle, which is one of the most important historical factors, gives Heilongjiang Aboriginal strong spirit of constantly striving to become stronger and prominent personality characteristics, forming a unique characteristic of hunting civilization, fishing and hunting civilization, civilized animal husbandry. Nowadays, people like to return to nature, to relive the folk sports, horse racing, archery and other projects development gradually, became the current people every year holiday, entertainment of popular sports activities. People to feed hunting into folk sports heritage down, for communication and competitive, reflects the folk sports culture has the evolution, athletics, production, entertainment and inheritance characteristics.

Folk sports is not the same as in the national folk sports, because there are no can reflect a nation's common psychological quality but has integrated and dependent on specific customs and habits of the people of the traditional sports culture: folk sports by the traditional sports and traditional sports, traditional sports and folk sports and national sports, folk sports and national sports mutual cross, but the two are not equivalent, but parallel, folk sports, the traditional sports and traditional sports, traditional sports by the folk sports and national sports, since national sports and folk sports are belong to the traditional sports, it is necessary to sort out the relationship between national and folk sports. National sports and folk sports is an important part of human sports culture, national and folk sports can vividly called the sisterhood, just to be different, both focus and focus on national sports is reflect and carrying the common psychological quality of a nation's traditional sports culture, and pay attention to folk sports is created by the people, for people passed on and enjoy, and integration and attached to the customs of the people's daily life, between them the analysis diagram as shown in Table 1 .

**Table 1. Relationship between Folk Sports and Traditional Sports**

Folk sports	traditional sports form	None
	Nontraditional sports	Folk sports National Sports

### 3.2 Geographical Characteristics

Heilongjiang is located in China's northeast border, northeast each aspect, is our country minority big, small settlement of special provinces. By geographical decision theory analysis, due to the impact of climate, geographical environment factors, in various regions of Heilongjiang Province of on-the-spot investigation, and in some areas of the folk sports project continuation, development and operation mode has a characteristic very much. Has a unique geographical location, natural environment, human environment, has experienced vicissitudes of life, gradually formed the distinctive characteristics of folk sports. Eurasian culture and traditional culture Chinese here exquisite fusion, forming a multi ethnic sports culture development scene, also accumulated the western sports culture. History makes people explore to sports, special geography, climate and environment, the formation of different forms of folk sports, close to the daily life of people, become the people entertainment and communication.

The unique advantages of winter tourism in Heilongjiang area, Heilongjiang mountain snowfall, less sand and no pollution, pure soft snow, has now completed two cross-country skiing and winter skiing, alpine skiing and winter sports, high speed skating rink and other venues. The cross-country ski runs through in the vast primeval forest, along the way white pines perspective lined the streets, towering old trees, the charming scenery, visitors can hold skis staring, or by snowmobile, along the snow, enjoy the snow. The flying snow, the cold air in a world of ice and snow especially to the south, there is always difficult to resist the charm. From late September to mid June peak snow melt, during which Chinghai Mountain always covered with snow. Heilongjiang each month has a different aspect, to see snow in winter and spring. Summer view forest was relatively traditional travel, summer and autumn in mountainous area of Heilongjiang may more suitable for photography, enjoy the scenery, hiking. Every year June, mountain travel is the most comfortable season, but also green vegetation and colorful sea of flowers. Every June from the foot of the woods, green plants began from the foot to the top of the mountain, begin to have the color of spring. Then the development of the project and the resources of

folk sports resources and Heilongjiang folk sports tourism combined can be summarized as follows in Table 2.

**Table 2. Classification of Folk Sports and Folk Tourism Resources**

Classification	Representative projects
Mountain sports	underground forest, Alpine Garden, international ski resorts, flat
winter sports	Snowmobiling, Speed skating, snow ice sculptures, curling
Folk Sports	springboard, swing, boat racing, wrestling
Rivers and lakes project	Fast drifting, drifting mountain
Watch the event	Ice challenge, Ski Championships

### 3.3 Creative Features

Folk sports is present in the majority of people's daily life, not highly organized and institutionalized to carry out sports activities. According to whether have the characteristics of traditional folk sports, folk sports can be divided into traditional and nontraditional sport sports two categories. Traditional sports are already refers to the creation of human and will create a condensed history through special form of physical culture inheritance and theology. Folk sports and national sports are the traditional sports. Folk sports is created by some people, for

Some people passed on and enjoy, and integration and attached to people's daily life customs of a collective, mode, traditional, life sports, it is not only a kind of sports culture and a cultural life. National sports are the national traditional sports, it is a reflection and carrying a nation's common psychological quality, inherit the nation and enjoy a special kind of traditional sports culture. National sports and folk sports can be vividly called the sisterhood, both belong to the traditional sports, but they just have different focus. Pay attention to the national sports is reflected and carrying the common psychological quality of a nation's traditional sports culture, and pay attention to folk sports is created by different people and integration and attached to, customs and habits of the people in a collective, mode, traditional, life sports culture. Folk sports and national sports cross, however, is not the same as in the national folk sports. Swing to the introduction of the national post, by adding the elements of the respective national characteristics of national culture and make swing different variation in these ethnic groups, this ethnic variation after the swing has been deeply hit the mark of each national culture, and carries the nation's common psychological quality.

## 4. Empirical Analysis

### 4.1 Questionnaire Investigation

This study based on Heilongjiang province, analyzing physical education teachers, students, including sports venues and facilities and other to Shaanxi Province Ordinary University opened folk sports curriculum the feasibility and necessity, folk sports curriculum content, the overall situation of folk sports teachers, existing in the process of folk sports classes related issues are involved in the main content of the study. In order to ensure the validity of the questionnaire, the questionnaire according to the logical method to analyses the validity of the problem. The questionnaire used very suitable, suitable, generally, is not appropriate, not suitable for five kinds of evaluation methods. In accordance with the general requirements of the expert investigation method, employing evaluation experts, to improve the reliability and validity of the evaluation survey. It will

be the first draft of the questionnaire sent to the relevant experts, evaluation of the questionnaire, and then revise and supplement to according to their opinions. From the results of the expert, the questionnaire included questions can reflect the content of the survey, as shown in Table 3.

**Table 3. Questionnaire Validity Evaluation**

Evaluation	Very appropriate	appropriate	general	Not appropriate	inappropriate
number	4	7	1	0	1
percentage	33.3%	58.3%	8.4%	0%	0%

**Table 4. Questionnaire Sent and Recycling Statistics**

	issued	recovery	recovery rate	Effective	effective rate
Teachers	130	124	95.4%	124	95.4%
students	900	900	100%	750	83.3%

#### 4.2 The Cognitive Degree of Folk Sports

The direct participants of school education activities of teachers and students, teachers' understanding of the curriculum resources and participation is a prerequisite for the implementation of any curriculum reform, their actions eventually determines the direction of curriculum knowledge. With the further deepening of the reform of physical education curriculum, physical education teacher's resources as key factors, curriculum reform of physical education curriculum resource development is the most important; people pay more and more attention. The sports teacher determines the physical education curriculum resource identification, development, accumulation and utilization, is an important carrier of curriculum resources, is the most important human resources in the implementation of physical education curriculum. Their professional knowledge, professional skills, moral character, ideas, innovation ability, teaching methods, teaching behavior determines the curriculum resources of the identification, development and utilization degree to play a benefit level. II because, in physical education curriculum resources, whether other human resources optimization, sports facilities resources integration and utilization, curriculum content resources of reformation and creation or extracurricular resources, natural geography resources, the use of modern information resources, need PE teachers creative work. For the development of folk sports curriculum resources is very understanding and understanding, the 48.5% teacher said, 31.5% teachers said do not know, there are 5.7% teacher said very do not understand, such as Table 5.

**Table 5. The Understanding Degree of Folk Sports Curriculum**

	Know well	understanding	commonly	Know little	Don't know
number	6	12	60	39	7
percentage	4.8	9.7	48.4	31.5	5.7

Teacher's understanding to the folk custom sports fitness value problem is 25.8% of the physical education teachers choose the very valuable, 66.1% of the physical education teachers choose the value, the visible folk sports fitness value obtained the vast majority of teachers must. Since the establishment of the national traditional sports disciplines, the construction of national traditional sports curriculum in Colleges in China and the continuous development of teachers and students of sports colleges of Chinese national traditional sports also continue to improve, especially in recent years, the protection of intangible cultural heritage is growing, many excellent folk sports as the research object protected government culture and sports and cultural elite, people of folk sports awareness

from the original indifference, gradually to the attention and recognition of changes of folk sports from a board in good taste of modern sports project, in a few years, continue to enter the university sports classroom, a lot of sports colleges or universities in the national traditional sports curriculum a sports teaching content, and recognized by teachers and students. It is located in the folk sports resources of college physical education teachers in Heilongjiang province is rich in the thought of highly recognized folk sports, will also develop the folk sports curriculum resources to lay the foundation for the sports teachers.

**Table 6. The Prospects for the Development of Folk Sports**

	Very promising	Promising	commonly	No prospect	Unclear
number	16	68	32	8	0
percentage	12.9	54.8	25.8	6.5	0

**Table 7. The Necessity of Folk Sports Curriculum**

	highly necessary	necessary	commonly	unnecessary	Unclear
number	24	76	22	0	2
percentage	19.4	61.3	17.7	0	1.6

**Table 8. The desire of promoting Folk Sports**

	Very willing	willing	commonly	unwilling	Unclear
number	34	70	16	2	2
percentage	27.4	56.5	12.9	1.6	1.6

## 5. Conclusions

Folk sports is present in the majority of people's daily life, not highly organized and institutionalized to carry out sports activities. According to whether has the characteristic of traditional folk sports, folk sports can be divided into traditional and nontraditional sport sports two categories. Traditional sports are already refers to the creation of human and will create a condensed history through special form of physical culture inheritance and theology. Folk sports and national sports are the traditional sports. Folk sports is created by people and for people passed on and enjoy, and integration and attached to people's daily life customs (such as festivals and rituals) of a collective, mode, traditional, life sports, it is not only a kind of sports culture and a cultural life. National sports are the national traditional sports, it is a reflection and carrying a nation's common psychological quality, inherit the nation and enjoy a special kind of traditional sports culture.

By geographical decision theory study on the development of folk sports in Heilongjiang Province, as can be seen, the unique geographical characteristics makes the development of folk sports project in Heilongjiang. It is not only a way of leisure entertainment, heritage of folk culture is a way, it is of Heilongjiang culture is a unique way of publicity. Therefore in the era of cultural development, to the mining folk sports, folk sports culture development, adhere to the introduction of professional talent, improve the standardization management, put up publicity, the introduction of folk sports into the classroom, the development of folk sports tourism resources, is the inheritance and development of folk sports in Heilongjiang provide opportunities. In the development of folk sports, vigorously carry forward the folk sports culture, promote black culture to promote resource development, folk sports project, provides a good opportunity to inherit and carry forward the folk sports. Through the mining of folk sports project, some fragmented, on the verge of extinction of folk sports can be re is the inheritance and the



protection, also added a bit of color to the folk sports culture of Heilongjiang. The Heilongjiang history has been more influential folk sports venues to fitness, entertainment performances, and ornamental is one of the local folk sports and cultural center, enrich people's amateur cultural life and promote the development of nationwide fitness campaign formation. Normative project development environment, established folk sports project promotion center of the, regularly held various forms of exchange competition, regularly in the journal or magazine published an article and comments, folk sports as a special cultural undertakings developed, has a far-reaching significance for the cultural education of the future work.

The development of folk sports can also be combined with tourism and cultural industries. The development of sports tourism compared with foreign similar regional tourism, combined with the status quo and prospects of Heilongjiang sports tourism resources characteristics and market development prospects of Heilongjiang sports tourism development should form their own mode. Heilongjiang folk sports development and the development of sports tourism resources has a strong vitality. In the topic model can be more flexible, for a variety of themes and development mode, parallel development, the focus can consider the following: sports theme park model, rural recreational tourism pattern, folk festivals mode of sports tourism and natural mountain ecological tourism mode. In the era of cultural development, the development of folk sports project to attract domestic and foreign tourists and promote the development of Heilongjiang folk sports culture industry, promote economy of Heilongjiang Province from resource conservation to environmental friendly type change, enhance the folk sports culture construction, sports to enhance the soft power, better and faster implementation of the 12th Five Year Plan. To meet national advocate of ecological tourism, green tourism principles, promote the folk sports tourism resources development, implementation of Heilongjiang characteristic of folk sports tourism, promoting economic development, creating a unique charm of sports tourism market, cultivation characteristics of Heilongjiang folk sports development base, to provide a realistic and effective path for the inheritance and development of folk sports.

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