

Research on the Habit of Physical Exercise and Influencing Factors Based on Web Survey

Haifang Zhang

*Department of physical education, Shaanxi University of Chinese Medicine,
712046 Shaanxi, China
zhanghaifang888@sina.com*

Abstract

In this paper, we analyze the impact factors of college students' physical exercise by using probability sampling method; the data was collected based on the non-probabilistic method of network experimental investigation. The survey shows that physical exercise can bring joy and vitality to people's life, and will improve the quality of life. The data shows that 22.4% students have formed the habit of sports; also 50% people agree that the motivation for exercise is to lose weight. Through analyzing the characteristic of sports, the results show that more than 75% students are willing to carry out sports with friends, however, due to the lack of places to participate in sports activities, most of the students chose the school or district park for physical exercise. So that, physical education in colleges should pay attention to the cultivation of sports habits, improve students' enthusiasm for physical exercise.

Keywords: *Physical exercise; web survey; network experimental investigation; exercise habits; sports teaching*

1. Introduction

Network survey is currently has a new tool of social science researchers attention. But for a long time, in social science research, face to face interviews and paper questionnaire is the main means of investigation, its characteristic lies to the data collected in that small part of the population, through scientific statistical method is extended to larger specific groups. 1970s letter survey and telephone survey, due to the low response rate, poor effectiveness of the questionnaire feedback defects and problems caused great controversy. Since the 90s of the 20th century, with the development of modern information and communication technology, the extensive application of the Internet for many areas has brought many with opportunities for the development of innovative, investigation method of the network is one of the new investigation methods [1]. In the use of the network in the process of investigation, more and more researchers have begun to acknowledge, in certain situations, the survey did not have some of the traditional network survey the unique advantages [2]. In the sports scientific research in our research, a larger proportion of the research purpose and object, it provides the soil for the application of network survey method and its specific advantage. However, the network application in the investigation in the sports research ignored. With the continuous progress of the society and the development of sports, the purpose and content of sports have greatly exceeded the original category. In modern society, the concept of life-long physical education has been more and more accepted. To the Olympic Games will be for the highest level of competitive sports is to internationalization, high level and scientific direction; to improve the quality of life, rich cultural life is the main feature of the social sports is moving towards life, popularization and socialization

in the direction of development. The modern sports show its charm to the human no group with its life, diversity, social and scientific attitude.

Sport is a kind of human needs, a ubiquitous demand, sports and people's lives. The transformation of society to modern society, people need a new way of life to adapt to the needs of modernization [3]. Sports lifestyle is the answer to the concept of people "how to live", is a healthy and civilized way of life. Let the students develop good habits of physical exercise, regardless of the individual, family, or plays an important role in society and country. Adults in our country, exceed the standard weight accounted for 22.8%, the population reached two hundred million. Obese accounted for 7.1%, about 60 million people. To solve this phenomenon, the most fundamental way is to make physical education return to education. Physical education is a part of education; physical education should be accompanied by a citizen's life. From this point of view, the investigation and study of sports habits has important practical significance, especially the students' sports habits, the relationship between the people's livelihood, the future of the motherland, should be given enough attention. Positive life requires regular exercise and only 41% people to ensure that through regular sports activities for the benefit of physical and mental, only less than 10% people can active to maintain and improve aerobic fitness level. Scientific research confirmed that compared with smoking, high blood pressure, cholesterol, physical inactivity on the health of the human body and the greater harm. Exercise using reasonable means of physical education, can achieve the purpose of physical fitness. Long term participation in sports, not only helps to improve physical health, but also helps to enhance people's physique. This means that sports workers should focus more on how to make young people to establish the concept of lifelong sports, to participate in sports activities to participate in the healthy behavior habits.

2. Literature Review

2.1 Network Survey Method

At present, there are two different implications of the network survey: 1) to the Internet as a data collection tool for the survey; 2) survey of the use of Internet survey. Mainly for the purpose of sports research service, the "network survey method" for defining to the Internet as a data collection tool of survey research methods, also does not include the investigation of its Internet application [4]. The following descriptive definitions used by reading literature, investigation method of the network is a to all based on the technical means of the Internet as a research tool, use page questionnaire, e-mail questionnaire, online chat rooms, electronic bulletin boards network multimedia communication means to collect survey data and interview data from a new survey methods. In the traditional sense, sports research including field surveys, interviews and investigation, the paper and pencil tests, questionnaires and other forms of survey; regular survey methods: face to face interview investigation, telephone interviews and fax survey and letters [5]. As a kind of computer and Internet technology as the main tool of the research methods of network survey method, is beyond the time and rich and colorful characteristics, provides more choices for the individual tools and researchers.

Prior to solicit volunteer's experimental investigation, this method is different in non probabilistic method of network experimental investigation. The difference lies in the non probabilistic method is in volunteer based form experiment, and the method is using the probability sampling method, such as random digit dialing the telephone survey, through things to collect email address and send invitations method to enlisted member of test [6-7]. The basic information collected through individual telephone survey, distinguish internet groups, and invites qualified

individuals into the experiment, by this method, can achieve probabilistic sampling in Internet users or the Internet in purpose. Have been invited to join the experiment in the. Members of the experiment to hair a letter apply to participate in the investigation of network email by ID in the URL, personal identification number or password to control individual into the investigation, to ensure that only by individuals invited to fill out a questionnaire. Refusal phenomenon may occur at various stages of the investigation, but the refusal rate can be calculated. It can collect the data in front of a stage to understand the deviation caused by a behind the stage.

2.2 Exercise Habit

Sport, the original meaning is to leave work, that is, through a number of easy and pleasant physical activities to make people move on the daily life of the difficult and the pressure of attention. In the United States, the Soviet Union, the United Kingdom, the Federal Republic of Germany, Japan and other countries of the encyclopedia and dictionary, are also reserved for such an explanation: sport is a game, entertainment. In the Chinese translation of movement has two different usage and interpretation, refers to physical activity; one is refers to the physical means, including various games and special movement project [8]. The movement of philosophical category is the state of the existence of the symbol, and the change and process of the universe. Dialectical materialism believes that the movement is the inherent nature of the material and the way of existence, which is the inherent property of the material. The movement of sociology refers to the political, cultural, productive, and other aspects of the organization, the purpose, the larger mass activities, such as: cultural movement, technical innovation movement. Sport in physical education is a kind of activity that involves physical strength and skill set by a set of rules or habits. And sports refers to the body practice as the basic means, to enhance people's constitution, to promote the comprehensive development, rich social and cultural life and promoting spiritual civilization for the purpose of a conscious and organized social activities.

Habits refers to the long form is not easy to change behavior or atmosphere, over a long time to develop the way of life, with a certain degree of stability. This refers to a local customs, social customs, and moral tradition. Specific include: often contact with some new circumstances and gradually adapt to, into a natural habit; the second refers to gradually develop in the long period, the moment is not easy to change behavior, orientation and social custom; three refers to the relatively stable life; four fingers grew out of from the environment, in the same way, over and over again, and three more engaged in the same thing. To sum up, the sports habit refers to the long time to form the movement way or the characteristic custom and so on, has the certain movement way or the movement characteristic custom's stability. Sports habit is a specific situational stimulation and individual experience to participate in the activities through practice and repetition and the formation of solid contact that individual with physical exercise desires and thoughts, including sports consumption. Sports habits should be frequently come in contact with some form of physical activity and gradually adapt to, a long period of time, gradually develop and become relatively stable life part of a behavior and the tendency is individual initiative needs. Specific performance for the sports form; site selection; sports choice; stability, also middle school students to participate in sports, especially weekends or vacations may have some bad habits, usually manifests as before exercise do preparatory activities, sports drink lots of cold water, strenuous exercise after a meal, sportswear is not suitable, after exercise immediately wash cold water bath. Also excessive movement, forced movement, for example less sports school students, professional athletes, they are often overloaded movement, long in the past

to the body especially students body and mind will have a certain influence, which we call habits of the sub movement, which is not to be promoted.

2.3 Sports Demand

Sports can bring joy and vitality to the lives of people, can improve the quality of life. Theory of life quality was proposed in 1963 by President Kennedy in the New Year's speech after a widely spread theory. In the academic circles a more consistent view refers to the quality and extent of social life members. The quality of life, it includes two aspects: tangible and intangible spiritual life level. With the improvement of life quality, the invisible spirit of life have become increasingly demanding, especially people's leisure time increase, obesity appearance, physical exercise is gradually popular [9]. Physical exercise to people according to need, self selection, using various means of physical education, and combined with the forces of nature and health measures, to physical development, improve health, enhance physical fitness, regulating spirit, rich cultural life and disposable leisure time for the purpose of sports activities. How to make sports give full play to the role, so that people develop the good habit of physical exercise, "outline of the nationwide body-building plan" the promulgation and implementation will undoubtedly bring the gospel; school physical education vigorously, more to stimulate the enthusiasm of the people's fitness [10]. How to improve the quality of life of the people, so that people's health and happiness of life, sports has brought hope. College students as the country's pillar let the sports to bring joy and the high quality of life to the students, will undoubtedly become a best choice. Let college students to develop the good habit of sports, not only played a role in promoting, but also more important for the people of the country to transport more qualified useful.

Sports is a kind of human needs, a ubiquitous demand, sports and human life is closely related, in the above levels of demand, the sports can include. In primitive society, people in order to survive, to learn hunting, running, throwing stones with sticks and other equipment to obtain food and animal, strong body, this shows that in Maslow's hierarchy theory, even the physiological needs of the lowest level of sports also occupies a very important position; we look at security requirements primitive people to safety, to exercise your body, make you run faster, stronger muscles, thereby avoiding the need to attack the beast, access to safe, visible sports is very important in security needs; the same belonging needs, people in order to keep healthy and happy, in order to contact the feelings, especially enterprises often organize collective activities, actively organized sports games such as basketball, football, tug of war, fishing, playing chess to mobilize members And a sense of belonging; sports in respect of the demand of many. The need for self actualization, sports provides an opportunity for the people, of course, need to pay great efforts. How many athletes, for the motherland, to the interests of the nation, in order to realize the self value, in sports competitions in the scramble for gold win over, to sports gave their youth and even their lives, finally realize the value of their own, become a human hero. Sports embodies in five levels of the Maslow demand theory, it is worth every one of us is of concern and yearning.

3. Research Object and Method

3.1 Research Object

According to Maslow's hierarchy of needs theory, physical education should run through every level. A need to meet the needs of their own objects, the process of this object is a process of understanding and practice. People's needs are the people's dependence on their own survival and development of the objective

conditions and requirements. People's needs are based on the need for material, followed by the spiritual needs, and modern sports more is a spiritual need. People's need for sports is the motivation of participating in sports activities. If we take depending on the development of sports for a long historical process, so that human beings engaged in sports activities from a comfortable sports by since entering the stage of the consciousness of sports for sports, then we must make people feel engaged in sports activities is a free and conscious activities for themselves. The article takes the Shaanxi ordinary middle school to read the student, the physical education teacher, the student guardian as the investigation object, takes the Shaanxi ordinary middle school to read the student's sports habit as the research object.

3.2. Research Method

- 1) Literature: The China Journal Net, VIP journal, Chinese excellent Master Thesis, sport disk database, goggle mesh, Shaanxi Library to find information about sport habits, sports, lifestyle and other monographs, periodicals, research reports, MSc and PhD theses, access to relevant documents, to Shaanxi City Board of Education and reference checks, access to relevant information.
- 2) Questionnaire: According to the research purpose and content, follow the sport scientific research on questionnaire design requirements, checking the large number of documents, based on the preliminary design of the student questionnaire, assuming that the original factors indicators, eight were related to the two experts round of consultation, and the experts identified factors were ultimately confirmed, the formation of a draft questionnaire, after further modification experts, formed a formal questionnaire. Factors student questionnaire includes two parts, the first part for the relevant characteristics of students' physical exercise habits Shaanxi city to investigate, the second part using Likert scale method developed questionnaire, Shaanxi Middle School Students Sports Habits press 5 score given value, the method of R-factor analysis to analyze the factors that influence student sports habits.
- 3) Interview: Design interview outline, according to income Shaanxi stratified city, three minutes after each election an interview on Sports school teachers and some parents. Reliability of the questionnaire a test-retest method. 55 students were randomly selected to test the questionnaire, these 55 students after an interval of 4 weeks and then subjected to the same questionnaire testing. Two test results with SPSS17.0 statistical processing, the correlation coefficient of 0.81, $P < 0.05$, two test results prove highly correlated, indicating that the questionnaire has high reliability.
- 4) Mathematical statistics: using SPSS17.0 software for statistical analysis of the survey results, obtains data, and then analyzes the result. In philosophy, logic and systems theory, basic ideas and theories in sports training theory analysis of characteristics of students' physical exercise habits, and other factors, to provide reference for students in sports and school physical education development.

4. Empirical Analysis

4.1 Physical Exercise Habit

Human activity is the process of interaction between people and society; on the one hand, people are social people. On the other hand, the social environment has a restrictive effect on the individual value orientation. If we hope to improve the quality of life through sports, first of all, we must go to life. On this basis, we must

also build a way to become a part of people's life. Society to the modern transformation, people need a new way of life to adapt to the modern life. The way of life is to "people's active form of activity as the object of study", is to answer people "how to live" concept. Health is a kind of thing people have the right to enjoy, but it is only smart to grasp their own life, in order to get health and enjoy the benefits of it. The core content of the quality of life is the quality of people's life, that is, people's health level. Sports life style is a healthy and civilized way of life; sports in the world developed countries have become an important part of improving the level of health into daily life.

In China's sports population criteria to measure whether students develop the habit of sports that engage in sport three times a week or more, more than half an hour for each activity, moderate left and right, exercise more than one year of age population is PE who develop exercise habits, in addition to a daily walk or ride to school if the student can be considered a useful life of more than one year by Sports habits. By gender, the student sports habits showed a larger difference (Table 1). Made it clear that the number of people to develop sports habits boys accounted for 22.4% of the total number of the survey, girls account for only 13.3%; not sure whether to develop the students' physical exercise habits accounted for 30.9%, which is part of the crowd exercise habits develop a "marginal" or "potential person", in the right circumstances or guide, they will soon become a faithful practitioner of Sports.

Table 1. Basic Situation of Physical Exercise Habit (N = 810)

project	content	Statistics	Physical exercise habit			total
			yes	no	uncertain	
Gender	male	frequency	181	110	100	391
		Percentage (%)	22.4	13.6	12.3	48.3
	female	frequency	108	160	151	419
		Percentage (%)	13.3	19.8	18.6	51.7
Grade	Low grade	frequency	136	145	128	409
		Percentage (%)	16.8	17.9	15.8	50.5
	High grade	frequency	178	103	120	401
		Percentage (%)	22	12.7	14.8	49.5

From year term, made it clear that the exercise habits of high school students, high school accounted for 22% of the total survey clearly shows that there is no exercise habits and lower grades of high school students accounted for 17.9% of the total survey, 12.7%, and the difference significant. Thus, the high school student's sports consciousness is higher, and students should experience and values related to sports. Through the survey found that student' sports teaching content mainly sports, martial arts, games, Table 2. Originally like sports because the students will be dull and boring and single projects, in the long run it will produce emotional conflict and even sports disgust. Recommendation school physical education for a constantly changing content and teaching methods, parents should encourage children to exercise, schools, parents, and students and jointly create a better atmosphere of physical exercise.

Table 2. Physical Education Teaching Content (N = 810)

	content	ball	martial art	Athletics	skating	game	Free activities
frequency	Low grade	207	85	64	64	109	109
	High grade	211	56	19	0	67	132
Percentage (%)	Low grade	25.6	10.5	7.9	7.9	13.4	13.5
	High grade	26.0	6.9	2.3	0	8.3	16.3

Man is engaged in any project or activity, and needs to be inspired and stimulated. According to Maslow's hierarchy of needs theory, sports run through every level, it can be seen that the importance of human. Middle school students to participate in sports motivation of the survey found that the motivation for weight loss accounted for more than 50%, by the form of forced or forced to account for 9.5% of the total. Motivation can be the value orientation of human behavior, if poor motivation will lead to the opposite effect. Therefore, both teachers and parents must not force their children to do sport or they may backfire and injury risk.

Table 3. Sports Participation Motivation

	Bodybuilding	study	communication	entertainment	Form force	other
frequency	485	284	102	189	77	53
Percentage	59.9	35.1	12.6	23.3	9.5	6.5

Engaged in sports or exercise, the formation of sports habits, one of the important conditions is time. If we have time, we will have more leisure time to participate in sports. The survey found that only 31.1% of the students in their spare time to choose sports, and 54.1% of the students were forced to write their homework, 64.4% of the students chose the internet. The proportion of such imbalance, the reason and the education system and policy, the concept of parents has a great relationship. At the same time, we analyzed the effect of physical exercise on learning efficiency, see Table 4. It is considered that the students who are not closely related to the relationship between physical exercise and study are 23% of the survey. This kind of wrong idea is very dangerous.

Table 4. Physical Exercise and Learning Efficiency

	Totally agree	More agree	uncertain	disapproval
frequency	456	168	123	55
Percentage (%)	56.3	20.7	15.2	6.8

4.1 Physical Exercise Choice and Form

Good physical exercise habit formation and the form of movement and place to choose a close relationship. For example, net separated competition project badminton, tennis, not only the requirements of site is relatively high, the key is itself cannot be carried out, must have a partner or sparring. In particular, such as badminton for schools to carry out the project, once the lack of partners will play a role in the student's physical exercise, so the formation of a stable "friends" relationship is very necessary. Survey shows that (see Table 5), willing or often and classmates for sports students accounted for 75.7% of the total survey, together with my family in the movement for 31.5%, suggested that the school to the students of sports activities, "a gang of one", namely at least two classmates as a partner, especially during the break in to go out of the classroom, to the playground to

exercise. Students to participate in sports places selection is also a one-sided, most of the students chose the school or district park, may be related to the student's academic burden, time tension has a relationship. This requires the school physical education should pay more attention to efficiency.

Table 5. College Students Participate Form in Sports (N=540)

	Oneself	Students	family	social people	other
frequency	121	409	170	39	129
Percentage	22.4	75.7	31.5	7.2	23.9

Table 6. Sports Place Selection (N=540)

	school	club	home	Community	other
frequency	399	66	85	165	53
Percentage	73.9	12.2	15.8	30.6	9.9

Physical exercise must have a certain way or means for their own services, as athletes training methods and means to take the same, not only to the right and to be targeted. Middle school students are the pillars of the motherland, are at a critical period of a long body, on the one hand must ensure students nutrition, on the other hand are to proper physical exercise.

According to the "group training theory", according to the competitive ability of sports, the main factors can be divided into two categories of physical fitness and skills. Ball belongs to the skill class, running, swimming, cycling, mountain climbing is a physical fitness program. Ball games also need lots of energy, but the focus of different problems. Survey shows that (as Table 7), student sports project choice for badminton (56.2%), running (54.6%), swimming (48.5%), basketball (30.3%), cycling (28.6%), football (26.4%) in the first six. Badminton is a good start, the venue can be selected in the playground, thus became the first choice for many students; running should be part of all students on physical education are essential to, in the study, to the playground jogging several rounds will feel comfortable, more spirit; more intense basketball rivalry, students choose some more; riding a bicycle is many hobbies, especially a large part of the students ride bikes to school day directly to the physical exercise; football as a result of its charm won many young people like. Every sport has a wonderful attraction. Sports students choice should be aerobic exercise, anaerobic exercise may be appropriate. The research shows that the anaerobic exercise is also very important to the human body, can stimulate the body's energy supply system, improve heart and lung function, and improve exercise capacity.

Table 7. Selection of Sports Items for College Students

project	Basketball	Football	Volleyball	Tennis	badminton	Pingpong	run	Swimming
frequency	164	143	56	99	303	68	295	262
percentage	30.3	26.4	10.4	18.3	56.2	12.6	54.6	48.5
project	dance	martial art	chess	skating	Taekwondo	Bicycle	Artistic	other
frequency	50	57	56	45	144	154	102	194
percentage	9.3	10.6	10.3	8.4	26.6	28.6	18.9	36

The most intuitive evaluation of stability of sport habits is the movement of life and time. Survey shows that (see Table 8), with exercise habits and "potential" exercise habit of student movement in years, mostly for more than half a year, 59% students reached more than one year, this is very optimistic, schools and parents to support, encourage students to continue to adhere to and cultivate the concept of lifelong sports. There is a positive life, you will feel better, improve the physical and mental health and ability level, and we will be more attractive. If you insist on positive life, you can delay the onset of chronic disease; prolong the period of strong energy adults. Exercise and activity related to good health are not a new idea; the ancient Chinese have long been to prevent the disease caused by the lack of activity. So the middle school students to develop good habits of sports, in the movement of time, time, strength, length of time to do the correct, reasonable and effective.

Table 8. College Students' Participation in Sports Activities

	Less than 6 month	6 month	More than 6 month	More than one year
frequency	38	57	126	319
percentage	7.1	10.5	23.4	59

5. Conclusions

The habit of physical exercise is the stable connection formed by the practice and repetition between the specific situation stimulation and the individual participation experience activity, that is, the individual has the desire and the idea of physical exercise, including sports consumption and so on. Physical exercise habit is often in contact with some kind of physical exercise and gradually adapt to the long period of gradually developed into a relatively stable part of the life of the behavior and the tendency is the need for individual initiative and enthusiasm. The concrete manifestation is the sports form; the place choice; the sports item selection; the stability. Students to participate in sports habits usually manifests as before exercise do preparatory activities, sports drink lots of cold water, strenuous exercise after a meal, sportswear is not suitable for, after exercise immediately wash cold water bath. In addition, excessive exercise, forced to exercise that is "sub sports habits" is not advocated. The cultivation of College Students' physical exercise habit is of great significance. Clear that college students have the habit of physical exercise of students accounted for 35.7% of the total survey, large difference between men and women; from the point of view of love for sports, boys are higher than girls; from the intention to participate in sports, fitness and weight loss study respectively accounted for 59.9% and 35.1% of the total survey; from the leisure time use situation, watching TV the Internet, reading homework, sleeping in the top three; from the school sports teaching contents, sports, games, free from the majority; investigation of reasons do not want to participate in sports, no time and body tired, tired from the top of the list; on the relation between sports and cultural learning, 56.3% the students made clear that sports will improve the learning efficiency, in favor of 20.7%.

Therefore, strengthening the propaganda of the sports, change the status of the student movement less; to improve the students' interest and participation in sports, to stimulate the motivation of participation in sports; and increase the sports infrastructure construction, strengthen the construction of the sports teachers team; schools and teachers to more and students and their parents, improve the comprehensive combination of schools, communities, families of students sports network. Focus on their own subjective factors, family, social, school and demand

and other factors on the impact of physical exercise habits. From the basic project, and vigorously develop badminton, basketball, cycling, running and other easy to carry out the project to increase the development of traditional projects, focusing on the development of students' personality. Training students to have a good habit of physical exercise and healthy way of life, the formation of students love sports, athleticism, health upward good atmosphere and social value health, pay attention to a strong sports atmosphere, and strive for the construction of the sports life style.

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