Análisis Descriptivo de los Turistas Deportivos en España

Descriptive Analysis of Sports Tourists in Spain

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Resumen

El turismo deportivo es un factor decisivo en la movilidad geográfica con fines de ocio. Estas actividades conllevan ciertos actos y consecuencias inherentes a su ejecución, que son dignos de estudio desde la perspectiva del turismo sostenible y razonable. Estudios anteriores trataron de mostrar las características de este tipo de turista pero no aportaron información relevante para ofrecer los servicios necesarios a prestar, para conocer sus patrones de hábitos y poder actuar correctamente. Este trabajo pretende estudiar el perfil del consumidor de turismo deportivo. Se han analizado los datos proporcionados por el Instituto Nacional de Estadística para el año 2019, tomando una muestra de 1496 personas para su análisis estadístico. De estos análisis estadísticos se puede extraer información clave sobre el perfil del consumidor. Los resultados mostraron que predominan las personas con nacionalidad española, existiendo una proporción mayor de hombres que de mujeres. De ambos sexos se desprende que son mayores de 40 años, con estudios superiores, mayoritariamente casados, con convivencia en pareja y con hijos en el hogar, con contratos laborales indefinidos y con ciertas pautas de comportamiento como el uso de su coche particular, y alojándose principalmente en hoteles o apartahoteles. Por lo tanto, desde el punto de vista del turismo sostenible, es vital elaborar perfiles y patrones de los consumidores de este turismo, para evaluar y estudiar su impacto ecológico, ambiental y social, así como tomar las medidas aptas para equilibrar la balanza entre el turismo deportivo y la sostenibilidad.

Abstract

Sports tourism is a decisive factor in geographical mobility for leisure purposes. These activities entail certain acts and consequences inherent in their execution, which are worthy of study from the perspective of sustainable and reasonable tourism. Previous studies tried to show the characteristics of this type of tourist but did not provide relevant information to offer the necessary services to provide, to understand their patterns of habits, and to be able to act correctly. This paper aims to study the profile of the sports tourism consumer. Data provided by the National Institute of Statistics for the year 2019 was analyzed, taking a sample of 1496 people for statistical analysis. From these statistical analyses, key information on consumer profiles can be gleaned. Findings showed that people with Spanish nationality predominate, with a higher proportion of men than of women. Both sexes show that they are over 40 years of age, with higher education, mostly married, cohabitation with a partner with children at home, with permanent employment contracts and certain patterns of behavior such as the use of their private car, and staying mainly in hotels or aparthotels. Therefore, from the point of view of sustainable tourism, it is vital to draw up profiles and patterns of consumers of this tourism, to evaluate and study its ecological, environmental, and social impact, as well as taking the appropriate measures to balance the balance between sports tourism and sustainability.

1. Introducción

According to the World Tourism Organization (UNWTO) (2018), in 2018 Spain ranked as the second most popular tourist destination globally, with 83 million visitors and a variation of 1% compared to the previous year, just behind France, with 89 million visitors. In terms of tourism revenues, the UNWTO estimates that Spain earned USD 74 billion, far below countries such as the USA, which earned USD 214 billion. UNWTO (2018), stated that the growth of tourism in recent years confirms that the sector is now one of the most powerful engines of growth and economic development globally (Palacios et al., 2020). There is a responsibility to manage it sustainably to translate this expansion into real benefits for all countries, and in particular for all local communities, creating employment and entrepreneurship opportunities and leaving no one behind. For this reason, UNWTO is focusing in 2019 on the themes of education, skills, and job creation (Gurríaa Di-Bella, 1991).

Referring to the term tourism, Martínez (1966) defines it as a man's love of traveling for the pleasure of traveling. Socially, for Matute and Asanza (2008), it consists of a means by which people seek psychological benefits through the sum of three factors: time and free income and a positive consideration or social tolerance towards the act of traveling. From a geographical perspective, for authors such as Acerenza (1992) or Matute and Asanza (2008), tourism is the movement of people from one place to another. Likewise, Ramírez (2002) shows that tourism is a social and human phenomenon containing activities aimed at satisfying human and recreational needs within the framework of leisure and free time. Therefore, a great disparity of definitions is evident. However, they all have in common the inexcusable action of travel, the voluntariness of the act, the existence of a departure and returns, and the existence of motivation for its execution, normally idle.

These debates have never been resolved, and have recently become even greater with the increase in mass participation sporting events and the need to review the definition of sport and event tourism, trying to understand the actual number of sport tourists at events actively participating in some form of sport tourism (Gibson, 2017; Kaplanidou & Gibson, 2010). Several authors, such as Geffroy (2017) or Hinch and Higham (2001), suggest that any future definition of sport tourism should take into account and emphasise the role of place in the interaction of activity and people (Weed & Bull, 2012). In this conceptual framework, sport tourism will be defined (Jiménez-García et al., 2020) as trips undertaken primarily for recreational or personal reasons, to participate in or observe sporting activities which do not take place in the environment close to the usual place of residence, and which may or may not have a competitive purpose.

This type of tourism has certain particularities, such as profitability, the predictability of its trips concerning the number of attendees, the length of stay, geographical distribution, mostly middle-aged attendees (Bento et al., 2016; Cardenas Tabares, 1997). Studies such as those by Hungenberg et al. (2016), Aciher et al. (2020), Buning and Gibson (2016) or Rojo-Ramos et al. (2021) contribute to improving sporting events and provide the necessary information to adapt the elements of the event service that can improve customer satisfaction and lead to higher customer retention. This requires a proper understanding of the sustainability and educational practices that encompass many events occurring in natural environments (Newland et al., 2021). On many occasions, the growth of sport event tourism in certain environments and contexts has generated some desirable benefits in many rural destinations; however, at other times, it has also contributed to excessive and disadvantageous tourism in those areas (Newland et al., 2021)..

In this way, the United Nations (Leggett & Carter, 2012) states that it reaffirms the need to achieve sustainable development through sustained, inclusive, and equitable growth, creating greater opportunities for all, reducing inequalities, improving basic standards, fostering equitable social development and inclusion, and promoting integrated and sustainable management of natural resources and ecosystems, which contributes, inter alia, to economic, social and human development, while facilitating the conservation, regeneration, establishment, and residence of ecosystems in the face of new and emerging challenges (SDG, 2018). Studies such as that of Jiménez-García et al. (2020) continue to confirm the need to continue examining how scientific research adapts to new realities in the face of the growing concern for tourism and sustainability. Taking all these facts into account, Knowles (2019) argues that adventure tourism and sports tourism are not going to be sustainable per se in all cases. But if such tourism attracts well-paid tourists to participate in such activities, the communities and areas where they take place will have a greater potential to create customised tourism products adapted to the socio-ecological system, resulting in more sustainable development. It is clear that sport events can have a range of impacts on host communities, and that careful planning and execution is necessary to minimise their negative impacts and enhance their positive ones (Kersulić et al., 2020).

Thereby, this study aims to carry out a socio-demographic profile of the people who make use of sports tourism, as well as to study the variables associated with the development of this type of tourism. Knowing the type of sports tourism and studying their profile will provide us with valuable information to offer the necessary services to provide, understanding their habit patterns to act proportionally to the footprint they leave on the environment. Furthermore, within the SDGs, we will try to address possible solutions by what is presented in the "Agenda 21 for Tourism and Travel" (Council & Council, 1995, p. 21).

2. Material and Methods
2.1. Participants

The sample size is 1496 persons (958 men and 538 women) in the year 2019, distributed by the different autonomous communities, with Andalusia, the Community of Madrid, and Catalonia as the communities with the largest sample. All of them are included in the sports tourism variable based on the data obtained from the Residents' Tourism Survey as a result of the methodological revision of the Spanish Tourism Movements Statistics (FAMILITUR), within the National Statistical Plan 2013-2016.

The population participating in the study comprises persons of both sexes, over 15 years of age, and residents in main family dwellings throughout Spain. The scope of the study refers both to tourism trips made by the population resident in main family dwellings in Spain, as well as to excursions made by the population aged 15 years and over resident in main family dwellings in Spain.

The National Statistics Institute adopts the necessary logical, physical, and administrative measures so that the protection of the confidential data of the participants is effective, from data collection to publication. In the survey questionnaires, a legal clause is included that informs of the protection that protects the data collected. In the information processing phases, data allowing direct identification are only kept for as long as they are strictly necessary to ensure the quality of the processes. In the publication of results tables, the detail of the information is analyzed to avoid that confidential

data can be deduced from the statistical units. Where microdata files are disseminated, they are always anonymized. In the microdata files, categories of the variables have been added to avoid the identification of the informants.

2.2. Procedure

The methodology used was based on the analysis of the data obtained from the 2019 tourism survey by the National Institute of Statistics, and was carried out based on the data obtained from the Residents' Tourism Survey as a result of the methodological revision of the Spanish Tourist Movements Statistics (FAMILITUR), within the National Statistical Plan 2013-2016, in compliance with Regulation (EU) no. 692/2011 of the European Parliament and the Council. These data are obtained in 2019 annually. Specified by months. The concepts used in the survey are consistent with the UNWTO.

For this purpose, the collaborating dwellings in the Continuous Household Survey were used for the survey. These make it possible to serve as an infrastructure on which to elaborate other surveys, through subsamples taken from it. In other words, the sample of the Residents' Tourism Survey (RTS) is obtained following this procedure, and therefore, it is a subsample of the Continuous Household Survey with a total effective sample of 58,000 main dwellings. For this reason, it should be noted that other sub-samples have already been used for other research on other variables and motivations other than travel (Rojo-Ramos et al., 2020; Rojo-Ramos, Vidal-Espinoza, et al., 2021).

The main variable of our study is sports tourism, included in the variable "personal reason", which in turn is included in the variable "main reason of the trip". The main reason for the trip is understood as the reason without which the trip would not have taken place. This in turn is grouped into two main categories, being personal or professional. Our variable is found in the personal reason section. We understand personal reasons as all those that do not fall under professional reasons. Likewise, sports tourism is understood as tourism whose main purpose is to practice some type of sport (skiing, sailing, golf, hunting, fishing, hiking, climbing, etc.), either for free or to participate in a competition in a non-professional manner (school leagues, regional leagues, etc.). The rest of the study variables are age, sex, nationality, marital status, cohabitation with a partner, level of studies, relationship between economic activities, professional status in the job performed, type of household, type of accommodation, and main means of transport.

The survey is made up of a large number of variables collected in the survey, which can be consulted in more detail at https://www.ine.es/daco/daco42/etr/etr_metodologia.pdf.

2.3. Statistical Analysis

All analyses were performed using the Statistical Package for Social Sciences (SPSS) version 20.0 for Windows 10. Firstly, an analysis was performed using the Kolmogorov-Smirnov test to see the distribution of the data for the variable Age. After this test, it was found that the data did not fit a normal distribution. Therefore, to see if there were statistically significant differences between men and women for this variable, the non-parametric Mann-Whitney U test was performed. Secondly, as for the ordinal variables such as the study level variable and the nominal variables such as the marital status variable, they were expressed as the number of respondents in that category and the percentage

of the total. To check whether there were statistically significant differences according to sex in each of the ordinal and nominal variables, an analysis contingency was carried out using Chi-square. The level of significance for all statistical tests was set at $p<0.05$.

2.4. Results

Table 1 shows the distributions according to the sex of the participants. It also shows that there are significant differences in the sex variable.

Table 1. Distribution of median and interquartile range (IQR) of the age variable by sex.

Age	Men	Women	p
Median	45.00	42.00	*0.013*
IQR	17	14.5	
Total	958 (64.03%)	538 (35.97%)	N=1496

Note: p = Mann–Whitney U test has been analyzed to show if there are differences between the variables in men and women participating in the study.

Table 2 and 3 shows the distribution of the variables under study. It should be noted that there are statistically significant differences according to sex in the variables nationality, marital status, cohabitation with a partner, level of studies, relationship between economic activity, and in the type of household and type of accommodation.

Table 2. Distribution of frequencies of the variables Nationality, Marital status, Cohabitation with a partner, Level of studies, Economic activity and Type of employment.

Variable	Frequencies			
	Total	Men	Women	p*
Nationality	N (%)	N (%)	N (%)	
Only Spanish	1449 (96.9)	936 (97.7)	513 (95.4)	0.01
Only Foreign	18 (1.2)	6 (0.6)	12 (2.2)	
Spanish and Foreign	29 (1.9)	16 (1.7)	13 (2.4)	
Marital Status	N (%)	N (%)	N (%)	
Single	576 (38.5)	386 (40.3)	190 (35.3)	<0.001
Married	785 (52.5)	489 (51.0)	296 (55.0)	
Widowed	15 (1.0)	9 (0.9)	6 (1.1)	
Separate	26 (1.7)	25 (2.6)	1 (0.2)	
Divorced	94 (6.3)	49 (5.1)	45 (8.4)	
Cohabitation with a partner	N (%)	N (%)	N (%)	
Cohabitation with their spouse	767 (51.3)	447 (49.8)	290 (53.9)	<0.001

Cohabitation with a common-law partner	143 (9.6)	75 (7.8)	68 (12.6)	
Not cohabitation together as a couple	586 (39.2)	406 (42.4)	180 (33.5)	
Level of studies	N (%)	N (%)	N (%)	
Primary education or less	40 (2.7)	34 (3.6)	6 (1.1)	<0.001
Secondary education, first stage	205 (13.9)	165 (17.4)	40 (7.5)	
Secondary education, second stage	277 (18.7)	187 (19.8)	90 (16.9)	
Post - secondary education	957 (64.7)	560 (59.2)	397 (74.5)	
Relationship between economic activity	N (%)	N (%)	N (%)	
Busy	1090 (73.7)	690 (72.9)	400 (75.0)	<0.001
Unemployed	89 (6.0)	56 (5.9)	33 (6.2)	
Retired	141 (9.5)	117 (12.4)	24 (4.5)	
Other inactive	159 (10.8)	83 (8.8)	76 (14.3)	
Professional status in the job performed	N (%)	N (%)	N (%)	
Employer, professional or self-employed person who employs others	108 (9.9)	65 (9.4)	43 (10.8)	0.302
Employer, professional or self-employed person who does not employ others	104 (9.5)	62 (9.0)	42 (10.5)	
Employee or employee with a permanent contract	749 (68.7)	488 (70.7)	261 (65.2)	
Employee or employee with a temporary contract	129 (11.8)	75 (10.9)	54 (13.5)	

Note: The correlation is significant at the level **$p < 0.01$; * $p < 0.05$.

These results indicate that most tourists are Spanish (96.9%), with a married marital status (52.5%), cohabitation with their spouse (51.3%), with higher education (64.7%), employed (73.7%), and employee or employee with a permanent contract (68.7%).

Table 3. Distribution of frequencies of the variables Type of household, Type of accommodation and means of transport.

Type of household	N (%)	N (%)	N (%)	
Single household	260 (17.4)	186 (19.4)	74 (13.8)	<0.001
Single parent cohabitation with a child	119 (8.0)	81 (8.5)	38 (7.1)	
Couple without children cohabitation at home	292 (19.5)	170 (17.7)	122 (22.7)	
Couple with children cohabitation at home	758 (50.7)	485 (50.6)	273 (50.7)	
Other household	67 (4.5)	36 (3.8)	31 (5.8)	
Type of accommodation	N (%)	N (%)	N (%)	
Hotel or apartment hotel	543 (36.3)	350 (36.5)	193 (35.9)	0.034
Hostel	79 (5.3)	58 (6.1)	21 (3.9)	
Complete housing for rent	194 (13.0)	110 (11.5)	84 (15.6)	
Room for rent in a private home	7 (0.5)	2 (0.2)	5 (0.9)	
Rural tourism accommodation	72 (4.8)	48 (5.0)	24 (4.5)	
Shelter	64 (4.3)	40 (4.2)	24 (4.5)	
Camps	52 (3.5)	27 (2.8)	25 (4.6)	
Cruise	4 (0.3)	3 (0.3)	1 (0.2)	
Other market accommodations	15 (1.0)	11 (1.1)	4 (0.7)	
Home ownership	156 (10.4)	105 (11.0)	51 (9.5)	
Family, Friend or company housing	214 (14.3)	134 (14.0)	80 (14.9)	
Shared use housing	1 (0.1)	0 (0)	1 (0.2)	
Swapped homes	0 (0)	0 (0)	0 (0)	
Other non-market accommodation	95 (6.4)	70 (7.3)	25 (4.6)	
Main means of transport	N (%)	N (%)	N (%)	
Air transport	132 (8.8)	87 (5.8)	45 (3.0)	0.264
Cruise	2 (0.1)	1 (0.1)	1 (0.1)	
Ferry	21 (1.4)	9 (0.6)	12 (0.8)	
Own, leased or rented boat	2 (0.1)	1 (0.1)	1 (0.1)	
Car or other private cars owned or leased	1204 (80.5)	765 (51.1)	439 (29..3)	

Car or other private cars rented without a driver from rental companies	13 (0.9)	10 (0.7)	3 (0.2)
Taxis or carpooling with payment to the driver	2 (0.1)	2 (0.1)	0 (0.0)
Car or carpooling with payment to the driver	2 (0.1)	1 (0.1)	1 (0.1)
Bus	84 (5.6)	60 (4.0)	24 (1.6)
Train	19 (1.3)	10 (0.7)	9 (0.6)
Non-motorized land transport	6 (0.4)	6 (0.4)	0 (0.0)
Other means of transport	9 (0.6)	6 (0.4)	3 (0.2)

Note: The correlation is significant at the level **$p < 0.01$; * $p < 0.05$.

Furthermore, the results indicate that is usually a couple with children cohabitation at home (50.7%), using a hotel or aparthotel as a type of accommodation (36.3%) and using their car or other private cars owned or leased as a means of transport (80.5%).

3. Discussion

The main finding of this research has been to describe the socio-demographic profile of the sports tourist, showing the variables associated with this type of tourism and segregating the data according to the sex variable.

The first variables to be highlighted in this research are the sex and age of the participants (Table 1). It shows that men are predominant, with 64.03% of the sample, while 35.97% are women. Some studies have related the practice of sport according to sex. Ferrando and Goig (2011) show through the data obtained that women tend to demand less sporting activities. Thus, depending on the sport practiced, men are in the majority in sports such as golf (Wiriyapinit, 2016). However, in sports and nature options such as trekking, there are no major differences (Rodrigues et al., 2010), as well as for nautical and diving tourism according to Dolinting et al. (2013). This suggests that, according to the literature and the best of our knowledge, sex differences are becoming less and less significant in sport tourism. Erica Wilson's researches (Khoo-Lattimore 2017; Wilson et al., 2020; Yoo & Wilson, 2020) show that in the past, the idea of a woman travelling alone was rejected and there was a repeated notion that travel was primarily a male activity. This specific context of power and gender relations reveals issues such as a sense of liberation, relational intimacy and feelings of social inclusion and exclusion. Over time, however, many women have challenged these social and gender conventions and have gradually succeeded in overcoming this notion.

According to the age variable, the data analyzed show that the age of sports tourists is above 40 years, with men being slightly older than women. Beedie and Hudson (2003) corroborate that, worldwide, the average age of this type of tourist is around 41 years old and that more than 77% are over 30 years old. Similarly, the study by Cárdenas (1997) indicated that customers of this type of tourism tend to be middle-aged. In Spain, according to the "Report on nature tourism in Spain" (Fernández, 2004), the 30-39 age group is the most numerous, followed by the 20-29 age group. Weier-

mair (2003) also believes that this age group is increasing and that it is related to the aging of the population, which is added to a greater role of women in sports tourism and other preferences. This entire means that sports such as hiking are on the rise, while others with greater physical demands are decreasing. These data are interesting to bear in mind to be able to adapt sporting preferences to the motor characteristics of the age group.

Taking into account the nationality variable in the sample, the vast majority of sports tourists in Spain are Spanish, with over 96%, as would be expected. Nevertheless, it is worth noting that significant differences ($p = 0.01$) were found taking into account the gender of the participants on this variable. Significant differences ($p < 0.001$) were also found in the marital status variable. In this case, most of the participants are married (52.5%), followed by a single (38.5%). These percentages show quite similar values to those found in García's study (2014) on sport tourists at rowing championships, although single people without children are the most predominant in his study. In this way, about the type of household variable, our results show that the couple with children cohabiting at home are the most predominant (50.7%), with significant differences also found in this variable according to sex ($p < 0.001$).

Some authors, such as Eymann and Ronning (1997) and Bardón (1991), state that there is a relationship between a higher educational and cultural level and a higher motivation to travel. In our research, these data agree with the results obtained, since 64.7% of the tourists have post-secondary education, thus confirming that the higher the level of education, the more trips are made. Once again, significant differences ($p < 0.001$) were found according to sex in this variable, with women showing an even higher percentage (74.5%) at the post-secondary level of education. They also show significant differences ($p < 0.001$) in the next variable addressed regarding the relationship between economic activities. According to the data obtained, it is shown that the majority of tourists (73.7%) are busy at work and they are employees or employees with a permanent contract (68.7%). This is consistent with the findings of studies such as Walsh et al. (1992) or Riera (2000), which shows that having an active employment situation is a determining variable when it comes to making a trip.

Continuing with the analysis of the results obtained, the variables of type of accommodation and main means of transport used are usually the most important to know to offer a quality tourist offer. In the type of accommodation variable, these sports tourists choose the hotel or aparthotel option (36.3%) as their preferred accommodation option for their stay at the destination, far above the rest. This preference should be taken into account and studied by tourist agents to promote a more defined offer and to promote the other accommodation options by the rest of the tourism agents. Furthermore, it would be interesting to promote accommodation offers with a lower impact on the environment, such as camps (3.5%), which have a lower impact due to the characteristics of their infrastructure compared to other types of accommodation. Or others such as eco-hotels, which are bioclimatic constructions in harmony and respect for the environment, far from urban saturation and using natural materials for their construction, in which energy and water use, recycling, and the use of renewable energies are among their characteristics (Ospina Rocha et al., 2018). Furthermore, about the main means of transport, the one chosen with the highest percentage is the car or other private cars owned or leased (80.5%), followed by air transport (8.8%). According to data from Urban Science and Aniacam (Bautista Peña, 2020), as well as studies such as that of Rojo-Ramos et al. (2021), these are two of the most important sources of air pollution.

In consequence, we consider it necessary to establish some proposals or practical applications for the improvement of sustainable development from the perspective of the sports tourist profile. The aim is to provide indications to try to reduce the footprint and impact of sports tourism on the environment, once the predominant profile of this activity is known. As the findings show, the age trend is upwards and is around 40-45 years of age, related to the aging of the general population itself. Therefore, we could relate it to SDG 3 (SDG, 2018), "Ensure healthy lives and promote well-being for all at all ages". It would be attractive to adapt the sports tourism offer to the characteristics of the population, in addition to adapting the accommodation facilities, gastronomic and social complementary offer. In this way, it would have a secondary impact on SDG 1 (SDG, 2018), related to the development of the economy from the point of view of development and sustainability. Likewise, concerning SDG 5 to achieve gender equality and empower all women and girls, the business fabric should be balanced from a corporate point of view, to offer a service by and for women, without exclusion. The rest of the socio-demographic variables studied should be analyzed and used by the tourism sector to develop an attractive offer in line with the needs of demand, in compliance with SDGs 8, 11, 12, and 17 (SDG, 2018).

However, as indicated above, the type of accommodation and the means of transport used is usually given the highest importance. Thus, there is a need to assess the impact of accommodation services on the environment and to focus on renewable energies for the supply of their economic activity, all of which is related to SDG 7, thereby promoting investments in this field that minimize their footprint. As proposals for improvement about the means of transport used, it would be interesting to offer a national offer of sports services to economize on the journeys made and that tourists can choose the same options closer to home. Furthermore, promoting the consumption of local and regional sports tourism would favor the dynamism of the micro-economy, thus reducing the carbon footprint of this activity. Similarly, developing tourism packages, boosting public transport, and developing an adequate transport network would bring countless benefits related to SDGs 9, 12, and 13 (SDG, 2018).

The main limitation of this investigation is the reduced number of participants, considering Spain one of the most visited countries in the world. Also, the sample only includes domestic resident tourism so it does not analyze data on other tourists who may arrive from abroad. In this way, if such data were included, the results obtained could fluctuate and the measures proposed might not be consistent. Moreover, the actual destination of these tourists could not be known, which means that the measures are not adapted to the characteristics of each place. Another important limitation is the selection of the sample according to the reason for travel. In this research, the sub-sample of sport tourism and personal reasons has been selected; however, sports tourism for events or sports tourism for official competitions or professional reasons has not been taken into account. Finally, habits are not assessed in terms of consumption, so there is some relevant information that is not obtained to minimize the carbon footprint.

As future lines of research, it would be interesting to establish a study of the economic factor of sports tourists. Furthermore, the place of origin and destination should be introduced as a study variable to calculate the impact in terms of CO2 and to be consistent with the contributions offered previously. Besides, consumption habits related to this tourism should be included to be more concise in the actions to be taken.

4. Conclusions

Finally, after the results obtained, it can be concluded that this study allows us to know the profile of the sports tourist resident in Spain in 2019. By analyzing the variables included in the study, we have tried to get to know this tourist better and to act in benefit of a lower impact of their actions and consumption in the development of their activities. Thus, the predominant profile corresponds mainly to men over 40 years of age, with higher education, generally married and cohabiting as a couple with children, employee or employee with a permanent contract, who tend to use the car other private cars owned or leased to get around and who choose to stay in hotels or aparthotels. Also, significant differences were found according to gender in the variables of marital status, cohabitation with a partner, level of studies, the relationship between economic activity, and type of household.

It also tried to relate the proposals and practical applications for improvement to the SDGs. By addressing these possible solutions and understanding the habits of this type of tourist, it will be possible to act correctly and in proportion to the footprint and impact that they cause on the environment.

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6. Conflicts of Interest

7. Funding

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