Introduction to Adventure Education

Definitions
► Outdoor Recreation
  • voluntary - during leisure time; natural resource-oriented
► Outdoor Education
  • teaching & learning that utilizes the out-of-doors in an informal & interdisciplinary manner
► Physical Education
  • development of knowledge, attitudes & motor skills related to fitness & activity

Adventure Education
► A process based on structured activities which use natural or artificial environments to identify individual & group inter/intra-personal strengths & weaknesses, & from this awareness, promote positive personal growth.

Personal Skills
► Intrapersonal skills:
  • self-concept & self-confidence
► Interpersonal skills:
  • communication & trust
  • problem solving & conflict resolution
  • cooperation & competition
  • leadership & followership

Adventure Education Curricula
► Games
► Trust building activities
► Initiative “problem-solving” activities
► Challenge activities
  • Ropes course
  • Climbing wall
  • Wilderness activities
Clients of Adventure

► Schools (PE programs)
► Community/Commercial Rec.
► Colleges/Universities
  • campus rec, orientation, academic programs
► Corporations/Businesses
► Camps/Special programs
  • substance abusers, delinquent youth, inner-city youths, persons with disabilities, etc.

Adventure Education Programs

► process of applying fundamental learning principles to facilitate group goals,
► recognizes that the individual & group experience is concomitant,
► helps participants deal with the process of risk & the product of behavioral change,
► offers individuals opportunities to grow & learn.