Introduction to Adventure Education
Definitions

• **Outdoor Recreation**
  – entered into voluntarily during leisure time and is natural resource-oriented

• **Outdoor Education**
  – approach to teaching & learning that utilizes the out-of-doors in an informal, sometimes interdisciplinary manner

• **Physical Education**
  – development of one’s knowledge, attitudes, and motor skills in relation to physical activity & fitness
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

- Interpersonal skills:
  - self-concept & self-confidence
- Intrapersonal 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.