

# 1 Introduction to Adventure Education

## 2 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

## 3 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.

## 4 Personal Skills

### ▶ Intrapersonal skills:

- self-concept & self-confidence

### ▶ Interpersonal skills:

- communication & trust
- problem solving & conflict resolution
- cooperation & competition
- leadership & followership

## 5 Adventure Education Curricula

### ▶ Games

### ▶ Trust building activities

### ▶ Initiative “problem-solving” activities

### ▶ Challenge activities

- Ropes course
- Climbing wall
- Wilderness activities

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## 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.

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## 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.