

## 4: personal health & fitness

### teacher's notes

1) Safe & enjoyable participation in outdoor adventure activities, especially in remote areas, depends significantly on the health & fitness of all participants – as does achieving set targets such as completing a certain walk.

2) There can be tension between the principle of inclusion & the judgement that particular students (or support staff!) may not be physically capable of achieving a set target. In this case, options range from modifying the program to excluding anyone not physically capable of achieving the target.

3) Fitness programs can be built into outdoor education courses, either during class time or as a “homework” requirement/suggestion. For example, if a class plans to go cross-country skiing, one or more sessions of rollerblading may be conducted in advance. Or – if a bushwalk is planned, students could go on a “pack walk” in the streets around school.

### suggested answers

<b>component</b>	<b>definition</b>	<b>examples</b>
cardio-vascular endurance	e) the ability of your whole body to keep going & going	skiing long distances
muscular endurance	a) the ability of your muscles to keep going & going when they are not under major load	padding (upper body)
power/speed	b) the ability to move explosively	cycling fast
strength	c) the ability to lift, hold, push (or pull) big loads	climbing
flexibility	d) the ability to move joints through a full range of motion	caving