

# SPPR 1832

# OUTDOOR EDUCATION

By

Asha Hasnimy Mohd Hashim



# Introduction to Outdoor Education



# What is Outdoor Education (OE)?

- There are many definition of outdoor education from different perspectives
- These are some example:
  - ... *the use of experiences in the outdoors for the education and development of the 'whole person'*  
- [The Outdoor Institute](#)
  - ... *an experiential method of learning with the use of all senses. It takes place primarily, but not exclusively, through exposure to the natural environment.*  
- [Priest, 1990](#)
  - ... *an international, experiential education phenomenon which engages people in adventurous activities for enhancement of the well-being of individuals, communities, and the environment*  
- [Neill, 2002](#)

# Other Outdoor Education (OE)

## Terminology

- Adventure education
- Adventure programming
- Outdoor learning
- Outdoor recreation
- Wilderness experience
- Adventure therapy
- Camping
- Therapeutic recreation
- Environmental education
- Outdoor recreation

# History of OE

- When it begin? = unclear
- **Historical Timeline of Outdoor Education**
  - **2500 BC** - Egyptians explored their surrounding world, making the first recorded traces of planned adventure.
  - **1886** - [Kurt Hahn](#) is born in Germany.
  - **1920** – [Salem Schule](#): First modern, Western school focusing on personal responsibility, equality, social justice, respect, community service, in Germany. This was the first significant involvement of Kurt Hahn as an innovative educator in a school.
  - **1930** - Beginning of short-term resident camping programs in the United States of America ([Hammerman, 1980](#)).
  - **1941** – The first [Outward Bound](#) program was conducted in Aberdovey, Wales.
  - **1958** - Outward Bound Malaysia opened, in Lumut, the first Outward Bound school outside of the UK. Several other schools were soon to follow.

# History of OE

- **1965** – [National Outdoor Leadership School](#): First dedicated school for teaching outdoor leadership skills, founded to the USA; later spreads to other countries. Started by [Paul Petzoldt](#) who had worked for Outward Bound Colorado and noticed the need to train outdoor education leaders. Go to more on the [history of NOLS](#).
- **1971** – [Project Adventure](#) was started by Jerry Pieh in a Massachusetts high school. Jerry Pieh was the son of Bob Pieh who had founded the Minnesota Outward Bound School (later to become the Voyageur Outward Bound School), so he had a good understanding of the principles of Outward Bound. The challenge for Jerry was to bring those principles into a mainstream school. Thus Project Adventure became the second major spin-off from Outward Bound (NOLS was the first). In 1974, Project Adventure received federal funding through the National Diffusion Network, allowing Project Adventure to spread into 400 schools, itself spawning a variety of different experiments with adventure-based learning in schools.
- **1974** - Kurt Hahn dies (born 1886).

# History of OE

- **1976** – [Association for Experiential Education \(AEE\)](#) was created in the USA to help to foster and spread the word about outdoor and experiential education. More on the [history of AEE](#).
- **1977** – [Wilderness Education Association](#) (WEA): Paul Petzoldt left that National Outdoor Leadership School to create the Wilderness Educators Association. Petzoldt aimed to bring the training of outdoor leadership into colleges and developed an extensive leader training curriculum. WEA has had less impact on the outdoor education industry than NOLS.
- **1983** - Development of [Outward Bound International](#).
- **1993** - Lyme Bay tragedy (4 teenagers die in canoeing accident) rocks outdoor education in the UK. The Managing Director of St. Albans Centre was subsequently prosecuted, a first such occurrence, and the incident led to government crackdowns on safety of outdoor education programs throughout the UK ([Adventure Activities Licensing Authority, 2000](#)).
- **1997** - 1st International Adventure Therapy Conference - held every three years.
- **2003** - Outward Bound Colorado merged with Pacific Crest Outward Bound School to become Outward Bound West
- **2005** - Outward Bound USA announces merger of 5 out of 8 of its chartered operations.

# Purposes & Goals

- [Based on Priest and Gass \(1997\)](#)
  - **Recreational** programs aim to change the way people feel. The purpose is leisure, fun and enjoyment, e.g., surfing for pleasure.
  - **Educational** programs aim to change the way people feel and think. The purpose is to learn skills and/or information, e.g., learning how to surf classes or geography field trips.
  - **Developmental** programs aim to change way people feel, think and behave. The purpose is to undergo personal growth, e.g., a surfing program in which the goal was to push personal limits, test endurance, develop personal goal setting, self-discipline, and build individual's self-esteem, etc.)
  - **Therapeutic / Redirectional** programs aim to change the way people feel, think, behave, and resist. The purpose is correct an individual or group problem, e.g., a low security prison may conduct surfing classes and work on a beach habitat restoration program as part of a pre-release detention program for inmates)



# Purposes & Goals

- **Physical** goals include physical fitness, weight loss, balanced dietary intake, physical movement and physical and health well-being. Physical goals may be preventative, educational, developmental, and/or rehabilitative (therapeutic).
- **Spiritual** programs aim to help development of spiritual knowledge and experience (e.g., many Mosques and Religious groups conduct camps for young people with a combination of spiritual instruction and other goals, such as fun (recreation)).
- **Relationship / Family / Group / Community** oriented programs aim to change the way a particular dyad, small group or community are functioning (as opposed to individual). The unit of interest/analysis in this case is not the individual. Team productivity and school climate are examples.
- **Environmental** goals include having a positive impact on a specific ecosystem (e.g., native vegetation regeneration), environmental education knowledge (e.g., local area knowledge through to awareness about global climate change), and environmental attitude.

# Types of OE Programs

- Prototypical OE program structure:
  - **small groups** of people (approximately 6 to 25 in a group) into **outdoor environments**
  - under the guidance of an **instructor** trained in outdoor and educational skills.
  - the group engages in a series of **organised, adventure-based activities**.
- Nowadays, an outdoor education program could be:
  - very short (e.g., 2 hours),
  - use a single adventure activity (e.g., a ropes challenge course),
  - be conducted in non-outdoor settings (e.g., indoor rock climbing or city-based adventure programs), and/or
  - be integrated with the delivery of other services, such as within school classrooms or social work programs.

# Types of OE Programs

Model	Examples	Description
Extreme environment living	Antarctic; Sailing; Desert; Underwater	Through living in a completely foreign environment, students can come to know themselves better and learn new personal skills
Marathon/ Endurance Experiences	Adventure racing	Endurance-based adventure challenges could offer adolescents the chance to explore and extent their personal limits, to develop new maturity and confidence, to be a rite of passage

# Types of OE Programs

Model	Examples	Description
Rite of Passage Expeditions	Vision Quest; Rites of Passage;	Threshold adventure education expeditions can incorporate traditional rite of passage activities, such as finding one's totem animal, doing a medicine wheel, sitting in a circle of stones, fireflies watching from dusk to dawn, etc
Business Development Project	Fundraising; Business Planning and Operation	Students can be challenged to developed business ideas, raise capital and manage their own company. In so doing, they can be supported in the development of new personal skills

# Types of OE Programs

Model	Examples	Description
Alternative Therapies	Meditation; Bodywork	Through experiencing alternative personal development techniques adolescents can become more aware of themselves and their possibilities
Alternative Challenges	Firewalking; Fasting; Sacred Run	Through taking on challenges from other cultures or belief systems, adolescents can develop new personal insight and confidence