

CONTENTS

Preface	vii
Acknowledgments	ix

Part I Foundations of Outdoor Education

Chapter 1	Defining Outdoor Education	3
	Why the Outdoors? 4 ■ Model of Outdoor Education 5 ■ Environmental Education 6 ■ Interpretation 8 ■ Adventure Education 8 ■ Experiential Education 9 ■ Education Structure 10 ■ Development of Outdoor Education 11 ■ Rationale for Teaching Outdoors 12 ■ Summary 14	
Chapter 2	Describing the Outdoor Educator	15
	Professionalism 16 ■ Professional Responsibilities 21 ■ Summary 25	
Chapter 3	Theories and Foundations in Outdoor Education	27
	Theories in Outdoor Education 28 ■ Learning Theories 36 ■ Summary 39	

Part II Preparation for Teaching Outdoors

Chapter 4	Understanding Participants	43
	Audience Assessment 44 ■ Stereotyping 45 ■ Gender 45 ■ Age and Cognitive Development 46 ■ Medical Conditions 48 ■ Experience 50 ■ Group Familiarity 50 ■ Abilities 51 ■ Culture and Ethnicity 55 ■ Strategies for Teaching Diverse Audiences 57 ■ Summary 57	
Chapter 5	Creating the Learning Environment	59
	Foundations of the Learning Environment 60 ■ Components of Successful Learning Environments 61 ■ Summary 74	
Chapter 6	Outdoor Education Settings	75
	Site Selection 76 ■ Learning Barriers 77 ■ Equipment 79 ■ Logistics 79 ■ Record Keeping 80 ■ Special Settings: Lessons in the Night 80 ■ Summary 83	
Chapter 7	Designing Lessons	85
	Advantages of Lesson Plans 86 ■ Format 86 ■ Structure 87 ■ Assessment 96 ■ Summary 102	

Part III Methods and Delivery of Outdoor Education

Chapter 8	Physical Methods	107
	Physical Skills Development 108 ■ Physical Manipulation 110 ■ Activities, Games, and Competitions 110 ■ Theatrics 111 ■ Initiatives and Ropes Courses 113 ■ Summary 115	
Chapter 9	Cognitive Methods	117
	Lecture and Discussion 118 ■ Inquiry 119 ■ Videography 120 ■ Service Learning 122 ■ Written Materials 125 ■ Peer Teaching 125 ■ Summary 126	
Chapter 10	Affective Methods	127
	Guided Discovery 129 ■ Visual Imagery 129 ■ Storytelling 130 ■ Scenarios and Case Studies 132 ■ Summary 134	
Chapter 11	Sample Lessons	137
	Night Hike 139 ■ Map and Compass 150 ■ Maple Sugar Bush 154 ■ Weather 158 ■ Fishing Ethics 165 ■ Concepts for Sea Kayakers 171	
Chapter 12	Your Future in Outdoor Education	175
	Working With Mainstream Education 176 ■ State Standards and High- Stakes Testing 177 ■ Professional Certification 179 ■ Education or Advocacy? 180 ■ Strategic Planning for Professional Growth 181 ■ Moving Forward in Outdoor Education 185	
Appendix A	Professional Organizations in the United States	187
Appendix B	Sample Forms	189
Glossary		197
Bibliography		201
Index		207
About the Authors		213