The Interconnection of Adventure Education with Adventure Learning to Promote Physical Activities on Children

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Left brain
- Verbal
- Analytic
- Partth, details
- Logical, rational
- Successive
- Systematic, direct
- Linear
- Factual, words
- Abstract, symbolic
- Rational
- Propositional
- Objective
- Yang

Right Brain
- Non-verbal
- Synthetic, relational
- Wholes, big picture
- Intuitive, creative
- Simultaneous
- Casual, free
- Holistic
- Visual, colors
- Sensory, concrete
- Emotional
- Imaginative
- Subjective
- Yin

Cautions Adventurous

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The adrenalin and stress of an adventure are better than a thousand peaceful days.

— Paulo Coelho

What does learning mean: accumulating knowledge or transforming your life?

Paulo Coelho

"If you think adventure is dangerous, try routine. It's lethal."

— Paulo Coelho
Risks of excessive using the IT technology in leisure time

- Sedentary
- Overweight
- Antisocial behavior
- Poor communication
- Low physical fitness
- Health issues
- Isolation
The simulated facilities of adventure learning help the development of knowledge, skills and creativity.

Adventure education improves motor and psychical capacities by exploring real circumstances.

Aims

The purpose of the research is to identify the impact upon motivation, by evaluating the time assigned to physical recreational activities. This is determined by the combination of means specific to adventure education and adventure learning, within the optional recreational program.
Methods

- The research was carried out between August 10th and September 10th, 2013, on 124 pupils participating in a recreational camp in a 7-day module.

- They were aged 10 to 12 and were divided into two groups:
  - experimental (62 pupils)
  - control (62 pupils).

Methods

- They opted for a 2-hour program on a daily basis and this included using IT technology and/or physical activities.

- The independent variable applied to the experimental group consisted in online adventure games and exergames.

- The control group had unlimited access to the internet.

- The two groups were monitored throughout the optional program with the aim to observe the time spent for practicing physical activities in Park Adventure and on the recreational sport ground.
Park Adventura Brasov

Results

Paired Samples Statistics

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>N</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pair 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>experiment</td>
<td>79.0323</td>
<td>62</td>
<td>19.72846</td>
<td>2.50552</td>
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<tr>
<td>Group control</td>
<td>41.5000</td>
<td>62</td>
<td>23.93554</td>
<td>3.03982</td>
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</tbody>
</table>

Paired Samples Test

<table>
<thead>
<tr>
<th>Paired Difference</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
<th>t</th>
<th>df</th>
<th>Sig. (2-tailed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pair 1</td>
<td>37.5323</td>
<td>24.90591</td>
<td>1.99156</td>
<td>3.18474</td>
<td>42.88977</td>
<td>11.842</td>
</tr>
</tbody>
</table>

Graph showing the comparison of experimental and control groups with a confidence interval of 95%.
Conclusions

• The research shows that the implementation of a combined program of adventure learning and adventure education determined the increase of time and motivation for practicing physical activities in their leisure time.

• The research showed statistically significant differences between the experimental and control groups which determined the rejection of the null hypothesis.

Conclusions

• Increase energy expenditure from sedentary to light or moderate level of children’s

• Exergames and exercises requiring upper and lower limb movements, offer the opportunity:
  – to achieve vigorous physical activity level
  – to optimise the body function
  – to reduce body fat and weight
  – To improve the behaviour and mentality for an active lifestyle
That which divides us ...

... is simply the mind.

Thank you

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