



LEVEL 4

SEMESTER 2

MODULE CODE: SHSS4078
ADVENTURE: A RISK WORTH TAKING

ASSESSMENT TYPE: ASSIGNMENT

ASSESSMENT/COMPONENT: 2

COMPONENT WEIGHTING: 25 %

WORD COUNT: 2,000 WORDS

MODULE TUTOR: DENISE LEONARD

Essay

Discuss the potential benefits of engaging with challenging and adventurous outdoor activities. You must make reference to personal experiences and **ONLY** use selected literature **from the module reading list.**

SUBMISSION DETAILS:

Deadline:

Date: 20th March 2020

Time: 3.00pm

Portal: Turnitin

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name Macey Bowen

Module: SHSS4078

Module Code: Adventure: A Risk Worth Taking

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.									
What do you consider to be the best aspects of this work?	<u>I think that when I evaluated the benefits of outdoor ed on the body, was the best part of my essay.</u>								
Which aspects do you consider could have been improved in this piece of work?	<u>I think my conclusion was too rushed and probably too short so I think i should have spent more time on it.</u>								
What have you found most satisfying whilst undertaking this submission?	<u>I have enjoyed reading Tim Gill's book throughout this essay and this has helped me with my information and reasoning.</u>								
ASSESSMENT CRITERIA	Le a r n i n g O u t c o m e s	GRADE							
		Poor 0 – 25%	Unsatisfactor y 26-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 85%	Exceptional 86– 100%	%
Introduction of essay	4								10%
Identify the key features of challenging and adventurous outdoor activities	1,4								20%
Identify potential benefits of engagement with selected outdoor activities	4								25%
Discuss potential factors that may have contributed to what Gill (2007) refers to as a 'Risk Averse Society'.	3,4								25%
Appropriate conclusion	4,5								10%
Quality and range of academic references used	1,2, 3,4, 5								10%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .									

TUTOR COMMENTS:

Submission date:
via Turnitin

Return date:
(at least within 4 weeks)

Tutor: Denise Leonard

Mark:

Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment

Submission is a **single word file, clearly labelled** with your name and module code

Font style - Times New Roman, size -12 for text and 14 for headings

Ink colour – black only

Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins

Quotations more than three lines to be indented 1 line spacing

One line space between paragraphs, paragraphs must be left aligned

Pagination (your assignment should have **page numbers**)

All tables and figures are internally referenced and have a title

Word count checked and written at end of text (before references and any appendix)

Assignment is within 10% of the word limit (excluding references and any appendices)

All references in the text are included in the reference list

Correct spelling using **UK English**

Correct use of punctuation

Grammar and syntax correct- double check anything that has a green line under it

I have read my assignment out loud to myself and it makes sense and is easy to read

Somebody else has read my work and it makes sense to him or her!

I have checked and I have not plagiarised

MODULE CODE: SHSS4078

ADVENTURE: A RISK WORTH TAKING

Benefits of Engaging with Challenging and Adventurous Outdoor Activities

This essay is discussing the benefits of engaging with challenging and adventurous outdoor activities. I will discuss the difference between outdoor activities which may carry risk and danger, and the adventurous more fun times which can be when playing. I will also identify and evaluate common hazards, associated risks potentially encountered in a range of outdoor activities, such as coasteering, mountain biking, hill-walking and climbing. I will also acknowledge the extent of the risk and the inherent risks in participating in a range of outdoor activities. I will also discuss my personal experiences and how I acknowledged the risks that were around me.

A challenging outdoor activity is an exercise which comes with many risks and dangers. However you must complete the activity to fully enjoy the sport. For example, Skiing is a challenging activity. There are many ways skiing could put yourself in danger and could potentially cause long term damage to the body. If I was to collide into another skier we could both break bones or even worse. But I would never be able to get the thrill of skiing if I wasn't able to complete the action of doing it. Research shows that people benefit from outdoor learning in all areas of life. Outdoor Learning provides a highly effective way of addressing some of society's key challenges.

There are a number of benefits to integrating adventure learning into your day to day lives.

These benefits include:

- Strengthening students' cooperation skills- this can lead to students making new friends.
- Strengthening students' problem solving skills
- Increasing students' self-esteem and confidence- due to being in a different setting.

- Fostering trust between students
- Strengthening students' communication skills-this could lead to students asking more questions and getting a better learning experience overall.
- Stretching students' understanding of their personal limitations, these limitations could be pushed further and further until the student has no limits.
- Strengthening the body and keeping healthy.
- Understand the positives of taking risks and to not be too scared.
- Understand the difference between danger and risk.

There are also negatives to outdoor learning, these can be:

- Weather – Not having the correct clothing when the weather takes a turn for the worst could prevent outdoor activities.
- Natural hazards - such as uneven ground or bees/ horse flies. -There are many natural hazards that could happen when learning outdoors and most of them you cannot plan for. Therefore the decision needs to be made beforehand on how dangerous some natural disasters could be.
- More paperwork- By learning more outdoors more risk assessments would be needed to ensure the safety of the students being taught.
- Health and Safety regulations- as the person in charge, you are responsible for ensuring the health and safety of your students.

This is just a few of the positives and negatives of teaching outdoors.

The benefits of taking part in specific outdoors adventurous activities:



Rock Climbing-Rock climbing is an indoor and outdoor recreational sport that is one of the world's fastest growing mainstream sporting activities. Once thought of as a sport only for adrenaline junkies, with good instruction and modern safety equipment, it is safe and enjoyable for anyone of any age to climb at their own comfort and ability level.

Physical Exercise- Rock Climbing is one of the best total body workouts available. An effective rock climber is one who understands that much of climbing is related to technique, balance and leg strength.

Decision making- Each climbing route is like a puzzle, which takes patience and planning, forcing the climber to make decisions as one gets to a spot and strategizes where to go from there. Climbing requires you to make spot decisions as you go, commit and follow through. Your ability to assess a problem, look for a solution, and then execute a plan is required.

Social benefits- Although the practice of Rock Climbing is essentially you vs. yourself, it can still be regarded as a team sport, because you're never alone (or shouldn't be). You'll either be climbing with a group of friends, school mates, colleagues or family. Learning to put your trust in the person holding your rope fosters relationships pretty quickly. Bouldering is shorter climbing without a rope, but still requires a spotter to guide the climber to the landing mat safely.

Hill walking- This is a great way to get out and active without putting yourself in much danger. There will always be an element of danger to anything you do but hill walking is the least dangerous there is depending on the terrain.

Health benefits- Regular brisk walking will improve performance of the heart, lungs and circulation, as well as lower blood pressure.

Mental health and well being: Walking may be more powerful than we realise. It helps us cope at work by helping de-stress amongst nature, it 'heals' our brains, helps us concentrate, makes us more creative and can help treat depression



Paddlesports- Both canoeing and kayaking involve paddling a small craft through water. Canoeing and kayaking can be done as a hobby, a competitive sport or as a fun activity on holidays. You can paddle on rivers, lakes and the sea. Canoeing and kayaking are low impact activities that can improve your aerobic fitness, strength and flexibility. Specific health benefits include:

- Improved cardiovascular fitness
- Increased muscle strength, particularly in the back, arms, shoulders and chest, from moving the paddle
- Increased torso and leg strength, as the strength to power a canoe or kayak comes mainly from rotating the torso and applying pressure with your legs

- Reduced risk of wear-and-tear on joints and tissues, since paddling is a low impact activity.

When Tim Gill wrote his book *No Fear* in 2007, he explains how we now have a risk averse society. He talks about how parents are protecting their children too much and not letting them experience challenges by themselves. He discusses some factors that parents can't control such as bullying and strangers. However he doesn't agree with how much parents are protecting their kids because it's stopping them from understanding danger and risks themselves. Some main points of his discussion are how playgrounds have changed so much over the years because of risks and danger.



'Playground risk is extremely small in terms of fatalities, and in terms of lesser injuries far lower than for most traditional sports which children are encouraged to engage in, and in any case about the same as the risk encountered at home.' "Gill 2007"

Here he speaks about how parents are protected when it comes to the playgrounds and how there's a very small percentage of them getting injured. However more popular sports such as rugby have a growing number of players due to kids enjoying the sport. But what about the risk that comes with rugby. I know for sure that playing rugby has a far greater risk of getting injured than playing on the swings. After talking about playgrounds safety he discusses how children come face to face with risks in everyday life. Gill mentions that children will gain longer term benefits after risk encounters. Gill claims that children build up their personality and character through facing up to adverse circumstances. He also states that "overcoming challenging situations is an essential part of living a meaningful and satisfying life". I agree with Gill here because as I stated earlier in my essay, as a part of my course I have to take risks when it comes to kayaking or rock climbing in order to know whether I truly enjoy the sport or if I'm afraid of the risks. As a student learning about the risks of the outdoors In my opinion you have to test yourself against these risks and dangers in order to fully understand if it is a risk that should be feared.

Take road safety for example, when I was learning in primary school at around 10 years old. We had to do a road safety course. Before this I would always have had to hold my mum's hand, so she made sure that I wasn't going to put myself in danger. During the road safety course I learned about the dangers of the roads and how quickly things could change during that situation. I understood the risks of not looking



twice and checking for cars.

Furthermore, after this course I can now cross the road after checking with no real sense of danger. This is because I am aware of the danger but understand that there are precautions I can take which would make it seem less dangerous and less risky. This relates to any type of

danger we put ourselves in. When we understand just how dangerous the situation can be, people decide whether they want to leave because they don't want to be injured, or if they want to do the sport and risk the injury which is very unlikely to happen. This all correlates back to what Tim Gill states in his book. He talks about how sometimes the risk is worth taking and how it will help create your character.

Conclusion: To conclude this essay I have understood all the benefits of adventurous outdoor activities. I have learnt about the positive and negatives of learning outdoors. This essay has helped me to learn about the challenges we face in our day to day lives and how risky these can be. I have also read No Fear by Tim Gill and he discussed how children build up their personality and character through facing up to adverse circumstances. I discussed this and also linked it to my student life. I discussed the challenges and risks that I face currently, when studying Outdoor adventure education in UWTSD. This essay helped me to learn about a parent point of view, and how they would prefer their children to not play in playgrounds if it means that they are at risk of getting injured. I also evaluated the physical, mental and social benefits of participating in adventurous activities such as kayaking, Rock climbing and hill walking. This essay has helped me to understand why teachers don't do as much outdoor lessons as they could because of the risks it may put on the children and the natural hazards that could occur.

Word Count - 1850

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