



Psychological Changes Associated with Physical Activity and Outdoor Activities

Week 6 - Part 1

Your experiences of the outdoors....

- Experiences of the outdoors from childhood to the present day
 - Different environments – prefer / dislike
- Earliest memories of being in the outdoors

Activities – when / where / who

- Family / Group / Club / Organisation / Other
 - Differences / similarities within the group...
 - What did you gain (if anything) from these experiences?

Values and interests

- Over time?
- Role of others?
- Current connection with the outdoors as a student
- The future...

Introduction (overview)

- Countries facing health and wellbeing challenges:
 - Chronic non-communicable diseases (lifestyle driven)
- Consequence of inactivity / food consumption
- Natural environment being challenged
 - Urban and transport development (e.g. Newport wetlands – M4), climate change, air / water pollution.
- Access to natural settings – implications for activity / mental distress / wellbeing
- Residential distance to green space – links to overweight / social isolation / sense of community.

Synergistic effects of exercise in green space...

- Green exercise
- Exercise / nature – facilitative of good health and wellbeing.
- As a combination – synergistic rather than additive!
- Need to consider different locations / different social groups across the lifespan
- Importance of incorporating green space into urban planning

How much nature and green exercise do we need?

- Immediate positive effect for all green environments and habitats (enhanced by presence of water – blue environments)
- Range of activities / Age groups / Males and females
- Personal factors: age / gender / beliefs / nature relatedness / prior exp / childhood memories / perceptions of risk
- Social and community factors: cultural and social norms / accessibility of green spaces
- Environmental factors: quality (biodiversity / air quality / noise), quantity (abundance of trees), weather

Contact with nature

- ◉ Unplanned contact diminishing?
- ◉ Technology – access to at an earlier age...
- ◉ How do children learn about the natural environment?
- ◉ Learning environment – foundation phase...
- ◉ Role in a child's development...
 - ◉ Positive effect on physical and mental health
 - ◉ Emotional and cognitive development
 - ◉ Mental resilience
 - ◉ Personal and social development

How valuable is green exercise?

- ◉ Financial cost / benefit to the NHS
- ◉ Healthy communities
- ◉ How current / relevant / important is this area of study?
- ◉ Task – 15 minutes:
 - ◉ Review current media sources (international as well as national and local)
 - ◉ Financial benefits...
 - ◉ Recent BBC articles as a starting point...