

FIT OA

Outdoor and Adventure

Module 1 Worksheet 2

Activity 2: Through an infographic, show your personal appreciation of the impact of outdoor and adventure activities by focusing on its benefits. You can also consider the benefits that it can give to your own community.

The rubric below will further guide you in creating this task. (30pts)

| Infographic Rubric (appreciation of the impact of outdoor and adventure activities) | | | | |
|--|---|--|--|--|
| | Exceptional 10pts | Admirable 7- 9pts | Marginal 5 -6 pts | Unacceptable 4 and below |
| Content | <p>Appropriate details support main idea</p> <p>Accurate and detailed information</p> <p>Information adequately supports purpose of visual</p> <p>(Foci: appreciation of the impact of outdoor and adventure activities to you and to the community by focusing on its benefits)</p> | <p>Most details support main idea</p> <p>Accurate information for almost all subject matter</p> <p>Information is mostly adequate and supportive of visual's purpose</p> | <p>Few details support main idea</p> <p>Lacking accurate information</p> <p>Inadequate information is not clearly supportive of visual's purpose</p> | <p>No details to support main idea</p> <p>Information is not accurate</p> <p>Information does not support the visual's purpose</p> |
| Visual Appeal | <p>Outstanding use of color, design, and space</p> <p>Original and creative design</p> <p>Overall design is pleasing and harmonious</p> | <p>Adequate use of color, design, and space</p> <p>Design is adequate</p> <p>Overall design is mostly pleasing and harmonious</p> | <p>Inappropriate use of color, design, and space</p> <p>Design lacks creativity</p> <p>Lack of harmonious design in presentation</p> | <p>Little attempt to use color, design and space appropriately</p> <p>Design is dull</p> <p>Project has sloppy appearance</p> |
| Mechanics | <p>Words are legible and pertinent to topic</p> | <p>Most words are legible and pertinent to topic</p> | <p>Presentation is illegible and confusing</p> | <p>Distractive elements make illustration ineffective</p> |

****Use the THIS page for your infographic**

Benefits of Outdoor and Adventure Activities

IN BOTH THE INDIVIDUAL AND COMMUNITIES



➔ Personal Impact

Physical benefits

Getting outside provides physical benefits, such as aerobic, cardiovascular and muscular fitness, as well as improved functioning of the immune system.



Additionally,

- **Vitamin D levels go up.** Vitamin D is also known as the "sunshine vitamin" because it made in the skin when it's exposed to sunlight. Studies suggest that Vitamin D may have protective effects against everything from osteoporosis to cancer to depression to heart attacks and stroke.
- **Exercise longer and burn more calories.** When exercising outdoors, the distractions of your surroundings take your mind off the work of working out. As a result, there's a much greater chance that you'll end up exercising longer than you would if you were exercising indoors. Another bonus, kids are twice as active when they play outside.

Mental Benefits

Outdoor recreation has psychological benefits, including the prevention or reduction of stress; improved self-esteem, confidence and creativity; spiritual growth; and an increased sense of exhilaration, adventure and challenge from life.



Better self-esteem often results from consistent recreation, partially due to a decrease in stress and to the overall feeling of well-being that occurs from regular aerobic exercise. Breathing fresh air in a natural, serene environment also helps many people to relax and reduce stress and anxiety, which is another advantage of outdoor activities.

Even better for your Social life

The great outdoors afford social benefits like bonding with like-minded people who enjoy outdoor activities and feeling an increased pride in your community and nation.



Becoming involved in these different outdoor activities will allow you to meet new people and interact with them. You'll be allowed to bond with them and develop a strong sense of community. The outdoors will improve your overall social skills.

Improved focus and Better Sleep

Outdoor activities will change the way your body moves while exercising muscles and stimulating the mind. After such relaxation, it will be easier to fall asleep and stay asleep throughout the night so that you'll be prepared to focus on the following day.



Adventure Learning Benefits



- Strengthening students' cooperation skills
- Strengthening students' problem-solving skills
- Increasing students' self-esteem and confidence
- Fostering trust between students
- Strengthening students' communication skills
- Stretching students' understanding of their personal limitations

Community Impact



Good for Economy

Outdoor recreation pays off with economic benefits too: People who regularly participate in outdoor recreation tend to be more productive at work. Outdoor recreation creates job opportunities for others, which leads to economic growth. And the preservation of the natural areas needed for outdoor recreation increases property values.

Environment Awareness

Outdoor recreation provides environmental benefits, including increased environmental awareness. Concern that results from outdoor recreation can lead to increased involvement in environmental issues.



Enjoying the great outdoors promotes the health and well-being of the wilderness itself. Proper use of our lands creates concern and awareness for keeping them protected and free from development.



Reference/s:

Bridge Outdoor Adventures. (n.d). *Top 10 Benefits of Outdoor Recreation*. Retrieved from: <https://bridgevolunteers.org/top-10-benefits-of-outdoor-recreation/>

Franklyn Country Public Health. (n.d). *Benefits of Being Outdoors and Physical Activity*. Retrieved from: <https://myfcph.org/benefits-of-being-outdoors-and-physical-activity/>

Pashley, T. (2019). *Physical, Social, Emotional and Intellectual Benefits of Outdoor Recreation*. Retrieved from: <https://www.livestrong.com/article/493323-physical-social-emotional-intellectual-benefits-of-outdoor-recreation/>

The Life Habit. (2017). *Five Benefits of Outdoor Recreation*. Retrieved from: <https://thelifehabit.com/recreation/65-sport/204-top-5-benefits-of-outdoor-recreation>

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