

## DOCUMENT RESUME

ED 474 745

RC 023 961

AUTHOR Cain, Jim  
TITLE Adventure-Based Learning: Research, Literature, Resources and Information.  
PUB DATE 2002-00-00  
NOTE 9p.  
PUB TYPE Reference Materials - Bibliographies (131)  
EDRS PRICE EDRS Price MF01/PC01 Plus Postage.  
DESCRIPTORS \*Adventure Education; Educational Philosophy; \*Experiential Learning; \*Outdoor Education; Outdoor Leadership; \*Resource Materials; Standards; Teamwork  
IDENTIFIERS Challenge Courses (Outdoor Activities); Debriefing

## ABSTRACT

This list of resources on adventure-based learning techniques is presented for two reasons. In today's educational systems, programs must produce measurable results to meet mandated standards and goals. It is hoped that these resources will help programs obtain academic credibility for utilizing adventure-based activities. Secondly, they are presented in the interest of sharing best practices, increasing the knowledge base, and generally familiarizing both faculty and administration about adventure and experience-based learning. A section titled "Basic Training" is presented first, containing six resources that are recommended for those who don't have the time or resources to manage the entire list. A section on periodical and journal articles contains 44 entries. Eight websites are listed. The final section, on books, manuals, texts, and guides, has 15 entries. Some entries are annotated, most are not. (TD)

Reproductions supplied by EDRS are the best that can be made  
from the original document.

## Adventure-Based Learning Research, Literature, Resources and Information

Jim Cain, Ph.D.  
Teamwork & Teamplay

PERMISSION TO REPRODUCE AND  
DISSEMINATE THIS MATERIAL HAS  
BEEN GRANTED BY

Jim  
Cain

TO THE EDUCATIONAL RESOURCES  
INFORMATION CENTER (ERIC)

1

In the past few years, I've had the opportunity to write two adventure-based teambuilding book, and during the research for these books, I discovered quite a few articles, books and publications on the significance of adventure-based learning techniques. I thought I would share these articles and resources with you, for two reasons. First, we live in a world where what we do, and how we perform is constantly evaluated and scrutinized. Few educational programs, leadership and sport programs have the luxury of funding curriculums which do not produce the measurable and desirable results mandated in our present educational systems. It is my hope that a few of these resources may prove valuable to you as you attempt to justify or obtain academic credibility for utilizing adventure-based programs. Secondly, in the interest of sharing best practices, increasing the knowledge base and generally familiarizing both faculty and administration about adventure and experiential-based learning, I hope these references will find their way onto your desks and bulletin boards and into your lesson plans and curriculum projects.

I've managed to place some of the top references in this article, with seven significant resources first. More than 2000 can be found in the book, Teamwork & Teamplay, ISBN 0-7872-4532-1. Many significant articles on adventure-based education and learning can also be found in journals, periodicals, microfilms, magazines, books, websites and newspaper articles. This information can be located using search keywords such as: teamwork, teambuilding, outdoor education, ropes course, challenge education, adventure-based education, experiential

ED 474 745

20023961

education, recreation, groupwork and outdoor training.

\*\*\*\*\*

### Basic Training

If you don't have the time or resources to manage the entire list, try these six resources first.

**Adventure Education and Outward Bound: Out-of-Class Experiences That Make a Lasting Difference**, John Hattie, H. W. Marsh, James T. Neill, and Garry E. Richards, *Review of Educational Research*, Spring 1997, Volume 67, Number 1, pages 43-87. Recommended by Dan Garvey, previously of UNH and now of Prescott College, and includes even more resources and references.

**Strengthen Experiential Education within Your Institution - A Sourcebook** by the National Society for Experiential Education, Jane C. Kendall, John S. Duley, Thomas C. Little, Jane S. Permaul, Sharon Rubin, 1986, (formerly of Raleigh, NC) now of Arlington, VA. ([www.nsee.org](http://www.nsee.org)) An older, but interesting text, filled with ideas about gathering support for experiential programs in your school.

**The American Camping Association (ACA)** now includes on their website research and information related to education and camping programs, at the Camp Knowledge Center:  
[www.acacamps.org/knowledge](http://www.acacamps.org/knowledge) [www.acacamps.org/research](http://www.acacamps.org/research)

The following three texts can provide a historical perspective, excellent programming techniques, and a wide variety of activities and additional resources for adventure and experienced-based learning programs.

**Adventure Programming**, by John C. Miles and Simon Priest, 1999, Venture Publishing, Inc. State College, PA Fax (814) 234-1651 ISBN 1-892132-09-5.

**Teamwork & Teamplay**, by Jim Cain and Barry Jolliff, 1998, Kendall Hunt Publishers, Dubuque, IA Phone (800) 228-0810 ISBN 0-7872-4532-1

**The Book on Raccoon Circles**, by Jim Cain and Tom Smith, 2002, Learning Unlimited, Tulsa, OK, USA Phone (888) 622-4203 [www.learningunlimited.com](http://www.learningunlimited.com) ISBN 0-9646541-6-4  
[www.teamworkandteamplay.com](http://www.teamworkandteamplay.com)

\*\*\*\*\*

## Periodical and Journal Articles

- Anonymous, "Outdoor Education Directory: Organizations Involved in Outdoor Experiential Education," March 1993, ERIC Document ED 357944
- Argyris, C. "Teaching Smart People How To Learn," *Harvard Business Review*, May-June 1991, p99-109
- Bales, K.B., "Experiential Learning: A Review and Annotated Bibliography," *Journal of Cooperative Education*, Volume 16, Fall 1979, pages 70-90.
- Bennet, D.B., "Four Steps to Evaluating Environmental Education Learning Experiences," *Journal of Experiential Education*, Volume 20, Number 2, 1988, pages 14-21.
- Braun, Joseph A. and Brown, Max H., "Challenging Student Teachers," *Phi Delta Kappan*, Volume 65, Number 9, May 1984, pages 601-602.
- Carver, R., "Theory for Practice: A Framework for Thinking About Experiential Education," *Journal of Experiential Education*, Volume 19, Number 1, 1996, pages 8-13.
- Clements, Christine, et. al., "The Ins and Outs of Experiential Training," *Training and Development*, Volume 49, Number 2, February 1995, pages 52-56.
- Cross, P.K., "The Coming of Age of Experiential Education," *National Society for Experiential Education Quarterly*, Volume 19, Number 3, 1994, pages 22-24.
- Dickey, H.L., "Outdoor Adventure Training," *Journal of Physical Education and Recreation*, Volume 49, Number 4, April 1978, pages 34-35.
- Evans, M., "Experiential Learning in Higher Education: Peripheral or Central?" *The CAEL Forum and News*, Volume 17, Number 2, 1994, pages 31-34.
- Ewert, Alan, "Theoretical Foundations of Outdoor Adventure Activities," *Outdoor Recreation Research Journal*, Volume 2, 1987, pages 3-16.
- Frant, R.D., "Learning Through Outdoor Adventure Education," *Teaching Exceptional Children*, Volume 14, Number 4, February 1982, pages 146-151.
- Froiland, Paul, "Action Learning - Taming Real Problems in Real Time," *Training*, Volume 31, Number 1, January 1994, pages 27-34.
- Gray, T. and Patterson, J., "Effective Research into Experiential Education: A Critical Resource

in its Own Right," *Proceedings of the 22nd Annual AEE Conference*, Austin, Texas, November 1994, p138-145.

Hanna, Glenda, "Overcoming Barriers to Implementing Outdoor and Environmental Education," *Pathways*, Volume 6, Number 1, December 1993, pages 24-28.

Harvey, Judy, "Challenge Education at New Garden Friends School," *Phi Delta Kappan*, Volume 65, Number 9, May 1984, pages 604-605.

Herdman, Paul, "Adventure in the Classroom," *Journal of Experiential Education*, Volume 17, Number 2, August 1994, pages 18-25.

Hollandsworth, J.G., "A School-Based Outdoor Adventure Program," *North Carolina Journal of Outdoor Education*, Volume 2, Number 1, Fall 1980, pages 24-26.

Huberstone, Barbara and Lynch, Pip, "Girls Concepts of Themselves and Their Experiences in Outdoor Education Programmes," *Journal of Adventure Education and Outdoor Leadership*, Volume 8, Number 3, Fall 1991, pages 27-31.

Kesselheim, A.D., "A Rationale for Outdoor Activity as Experiential Education: The Reason for Freezin'," paper presented to the Conference on Outdoor Pursuits in Higher Education, Boone, North Carolina, ERIC Document Number ED 148 530.

Knapp, Clifford E., "Lasting Lessons: A Teacher's Guide to Reflecting on Experience," 1992, ERIC Document ED 348204.

Metzger, Devon J., "Practicing What We Preach: Involving Student Teachers in Their Own Learning," *Action in Teacher Education*, Volume 10, Number 4, Winter 1989, pages 15-18.

Miles, J.C., "The Value of High Adventure Activities," *Journal of Physical Education and Recreation*, Volume 49, Number 4, April 1978, pages 27-28.

Ongena, J., "Adventure Education: An Opportunity to Teach Youth Self Confidence and Respect," *NASSP Bulletin*, Volume 66, Number 454, May 1982, pages 71-78.

Ongena, J., "Should our Schools Offer Adventure Education ?," *Canadian Association for Health, Physical Education and Recreation*, Journal, May/June, 1984, pages 4-7.

Petrus, E.F., "Teaching Group Dynamics in an Intensive Small Group Laboratory in a Wilderness Setting," 1977, ERIC Document ED 152-604.

Priest, Simon and Gass, Michael, "Five Generations of Facilitated Learning From Adventure

Experiences,” *Journal of Adventure Education and Outdoor Education*, Volume 10, Number 3, 1995, pages 23-25.

Riggins, R.D., “Effective Learning in Adventure-Based Education: Setting Directions for Future Research,” *Journal of Environmental Education*, Volume 18, Number 1, 1986, pages 1-6.

Riley, Cheryl L., “Ideas that Work for Outdoor Teachers and Leaders,” *Proceedings of the National Outdoor Education Conference*, October 1985, Potosi, Missouri, ERIC Document ED 259863.

Roland, Christopher; Summers, S.; Friedman, M.; Barton, G. and McCarthy, K., “Creation of an Experiential Challenge Program”, *Therapeutic Recreation Journal*, Volume 21, Number 2, 1987, p54-63.

Sills, Robert, et. al., “When Teachers Are the Students,” *Vocational Education Journal*, Volume 70, Number 2, February 1995, pages 24-29.

Smith, Kemper D. III, “Beyond Wilderness Skills: Education for Individual and Group Development,” April 1984, ERIC Document ED 252368.

Sorohan, E., “We Do: Therefore We Learn,” *Training & Development Journal*, Vol.47, No.10, 1993, p55.

Sproul, Susan and Priest, Simon, “The Ropes Course as an Educational Tool,” *Pathways: The Ontario Journal of Outdoor Education*, Volume 4, Number 2, February 1992, pages 9-12.

Stahl, A., “Bridging the Gap Between Research and Teacher Education,” *Journal of Education for Teaching*, Volume 17, number 30, 1991, pages 293-299.

Stevens, Peggy Walker and Richards, Anthony, “Changing Schools Through Experiential Education,” March 1992, ERIC Digest EDO-RC-91-13.

Stutz, J.P. and Knapp, J., “Experiential Learning: An Annotated Literature Guide,” CAEL Project Report, ERIC Document Number ED 148 859.

Teaff, Joseph and Kablach, John, “Psychological Benefits of Outdoor Adventure Activities,” *Journal of Experiential Education*, Volume 10, Number 2, Summer 1987, pages 43-46.

Washbourn, P., “Experiential Learning: Is Experience the Best Teacher?” *Liberal Education*, Volume 82, Number 3, 1996, pages 10-15.

West, June, “Team Building through Wilderness Activities in Eighth Grade Special Education,”

*Conference Paper presented at Western States Communication Association Annual Meeting, February 1993, ERIC Document ED 371514, 35 pages.*

Whittaker, Tom, "Danger, Adventure Education and Schools," *Journal of Physical Education, Recreation and Dance*, Volume 52, Number 9, November/December 1981, pages 53-54.

Wood, D., "Analyzing Adventure Education: Behavior Patterns, Relativizing Objectives, Sequencing Activities, and Discovering Student Perceptives," Unpublished Dissertation, Boston University, 1978.

Wurdinger, Scott, "Examining the Learning Process Used in Adventure Education," *Journal of Adventure Education and Outdoor Leadership*, Volume 11, Number 3, Fall 1994, pages 25-27.

Yaffey, David, "The Value Base of Activity Experience in the Outdoors," *Journal of Adventure Education and Outdoor Leadership*, Volume 10, Number 3, Fall 1993, pages 9-11.

#### Websites

Teamwork & Teamplay	<a href="http://www.teamworkandteamplay.com">www.teamworkandteamplay.com</a>
The Adventure Group	<a href="http://www.theadventuregroup.com">www.theadventuregroup.com</a>
Adventure Hardware	<a href="http://www.adventurehardware.com">www.adventurehardware.com</a>
Learning Unlimited	<a href="http://www.learningunlimited.com">www.learningunlimited.com</a>
Kendall Hunt Publishers	<a href="http://www.kendallhunt.com">www.kendallhunt.com</a>
Roger Greenaway's Debriefing Site	<a href="http://www.reviewing.co.uk">www.reviewing.co.uk</a>
The Association for Challenge Course Technology (ACCT)	<a href="http://www.acctinfo.org">www.acctinfo.org</a>
The Association for Experiential Education (AEE)	<a href="http://www.aee.org">www.aee.org</a>

#### Books, Manuals, Texts and Guides

**Strengthening Experiential Education Within Your Institution** by Jane Kendall, John Duley, Thomal Little, Jane Permaul and Sharon Rubin, National Society for Experiential Education, Raleigh, NC. ISBN 0-937883-00-X. One of the most academic specific manuals ever published, with some useful ideas for instituting an experiential program.

**Teamwork & Teamplay** by Jim Cain and Barry Jolliff, 1998, Kendall Hunt Publishers (1-800-228-0810) ISBN 0-7872-4532-1. Some of the finest ground level portable challenge and adventure activities ever collected, with building instructions and the best resource lists ever compiled for this field. 417 pages.

**The Book on Raccoon Circles** by Jim Cain and Tom Smith, 2002, Learning Unlimited, Tulsa,

OK, USA Phone (888) 622-4203 [www.learningunlimited.com](http://www.learningunlimited.com) History, Ritual, Ceremony and plenty of activities using only a simple piece of tubular webbing.

**Just Beyond the Classroom** by Clifford E. Knapp, 1996, Clearinghouse on Rural Education and Small Schools, Charleston, WV ISBN 1-880785-15-3

**Experience and Education** by John Dewey, 1938, MacMillian Publishing, NY. A classic.

**The Conscious Use of Metaphor in Outward Bound** by Stephen Bacon, 1983, Colorado Outward Bound School, Denver, CO.

**The Theory of Experiential Education** by Karen Warren, Jasper Hunt and Mitch Sakofs, 1995, Third Edition, Association for Experiential Education, Kendall/Hunt, Dubuque, IA ISBN 0-7872-0262-2

**The Well-Played Game - A Player's Philosophy** by Bernard DeKoven, 1978, Anchor Books, Anchor Press/Doubleday, Garden City, NY ISBN 0-385-13268-9. Read it and understand.

**Outdoor Adventure Pursuits: Foundations, Models and Theories** by Alan W. Ewert, 1989, Publishing Horizons, Inc., Scottsdale, AZ ISBN 0-942280-50-4 An in-depth text for understanding the components of adventure activities.

**Joining Together - Group Theory and Group Skills** by David W. Johnson and Frank P. Johnson, 1994, Allyn and Bacon, Boston, MA ISBN 0-205-15846-3. Although set for the business world, applicable to the academic field as well.

**No Contest, The Case Against Competition - Why We Lose in Our Race To Win** by Alfie Kohn, 1986, Houghton Mifflin Co. Boston, MA 02108 ISBN 0-395-39387-6 A fascinating tutorial on our infatuation with competition and the opportunities that exist for cooperative adventures.

**Winning Is Everything and Other American Myths** Thomas Tutko and William Bruns, 1976, Macmillan Publishing, NY ISBN 0-02-620770-2

**Lasting Lessons: a teacher's guide to reflecting on experience** by Clifford E. Knapp, 1992, ERIC/CRESS Clearinghouse, Charleston, WV ERIC Document Number ED 348204.

**Processing the Experience - Strategies to Enhance and Generalize Learning** by John L. Luckner and Reldan S. Nadler, 1997, Kendall / Hunt, Dubuque, IA ISBN 0-7872-1000-5 A classic.



**The Skilled Facilitator: Practical Wisdom for Developing Effective Groups** by Roger M. Schwarz, 1994, Jossey-Bass, San Francisco, CA ISBN 1-55542-638-7

### **Some Information about the Author**

Dr. Jim Cain is the author of *Teamwork & Teamplay* and *The Book on Raccoon Circles*. He is a former Executive Director of the Association for Challenge Course Technology, Senior Consultant to the Cornell University Corporate Teambuilding Program and the Director and creative force behind the adventure-based training company, *Teamwork & Teamplay*. Dr. Cain makes his home in Brockport, New York and frequently serves as a visiting professor and staff development specialist on subjects ranging from experiential education to challenge and adventure-based activities, and from recreational dancing to leadership, structural engineering, chaos and powder mechanics. Dr. Cain has presented teambuilding and active learning sessions in 36 states and 9 countries in the past 5 years, and generally has more toys and adventure-based books in his library than most developing nations.

Jim Cain *Teamwork & Teamplay* 468 Salmon Creek Road Brockport, NY 14420  
Phone (585) 637-0328 Fax (585) 637-5277  
[jimcain@teamworkandteamplay.com](mailto:jimcain@teamworkandteamplay.com) [www.teamworkandteamplay.com](http://www.teamworkandteamplay.com)

{ SEQ CHAPTER \h \r 1 } U.S. Department of Education  
Office of Educational Research and Improvement (OERI)  
National Library of Education (NLE)  
Educational Resources Information Center (ERIC)

**ERIC REPRODUCTION RELEASE**

**I. Document Identification:**

Title: *Adventure-Based Learning Research Literature  
Resources and Information*

Author: *JIM CAIN, Ph.D.*

Corporate Source: *Teamwork + TEAMPLAY*

Publication Date: *2002*

**II. Reproduction Release:**

In order to disseminate as widely as possible timely and significant materials of interest to the educational community, documents announced in the monthly abstract journal of the ERIC system, Resources in Education (RIE), are usually made available to users in microfiche, reproduced paper copy, and electronic media, and sold through the ERIC Document Reproduction Service (EDRS). Credit is given to the source of each document, and, if reproduction release is granted, one of the following notices is affixed to the document.

If permission is granted to reproduce and disseminate the identified document, please check one of the following three options and sign the release form.

Level 1 - Permitting reproduction and dissemination in microfiche or other ERIC archival media (e.g. electronic) and paper copy.

Level 2A - Permitting reproduction and dissemination in microfiche and in electronic media for ERIC archival collection subscribers only.

Level 2B - Permitting reproduction and dissemination in microfiche only.

Documents will be processed as indicated provided reproduction quality permits. If permission to reproduce is granted, but no option is marked, documents will be processed at Level 1.

**Sign Here:** "I hereby grant to the Educational Resources Information Center (ERIC) nonexclusive permission to reproduce and disseminate this document as indicated above. Reproduction from the ERIC microfiche or electronic media by persons other than ERIC employees and its system contractors requires permission from the copyright holder. Exception is made for non-profit reproduction by libraries and other service agencies to satisfy information needs of educators in response to discrete inquiries."

Signature: *Jim Cain* Position: *Director*

Printed Name: *JIM CAIN* Organization: *Teamwork + Teamplay*

Address: Telephone No: *585-637-0328*

*468 Solman Creek Rd. Date: 4/15/03  
Brockport, NY 14420*

**III. Document Availability Information (from Non-ERIC Source):**

*RC023961*