

Contents

CD-ROM Contents xi

Preface xv

Chapter 1 Introduction to Outdoor Pursuits 1

Jeff Steffen and Jim Stiehl

Outdoor Pursuits Defined.....	2
Benefits of Outdoor Pursuits	2
Why So Much Inactivity?	3
NASPE Support.....	4
What to Expect From This Book.....	5
Shared Topics	6
Conclusion	13
References	13

Chapter 2 Overnight Hiking 17

Daniel L. Chase

Equipment.....	18
Overnight Hike Planning.....	23
Basic Skills and Techniques	25
Safety Considerations.....	28
Environmental Considerations	29
Conclusion	30
Recommended Web Sites	30

Chapter 3 Bouldering 33

Kristen Csiacsek

Equipment.....	34
Rock Features.....	35
Basic Skills and Techniques	35
Safety Considerations.....	38
Environmental Considerations	41
Conclusion	41
References	41
Recommended Readings	41

Chapter 4 Rock Climbing 45

Ryan Hammes and Ryan Olson

Equipment.....47
Rock Features.....51
Skills and Techniques.....51
Safety Considerations.....63
Conclusion.....65
Reference.....65
Recommended Readings.....65
Recommended Web Sites.....65

Chapter 5 Caving 67

Steven J. Eggerichs

How Caves Are Formed.....68
Cave Decorations and Features.....68
Equipment.....70
Basic Caving Techniques.....72
Planning a Trip.....75
Conclusion.....76
References.....76
Recommended Web Sites.....77

Chapter 6 Canoeing 79

Mark H. Zmudy

Equipment.....80
Canoe Basics and Rescues.....82
Paddles and Strokes.....87
Forward Travel and Turning.....92
Reverse Travel.....95
Stroke Combinations.....97
Safety.....99
Conclusion.....99
References.....99
Recommended Readings.....99

Chapter 7 Coastal Kayaking 101

Michael Odberg

Instructional Environment	102
Equipment.....	103
Basic Skills and Techniques	106
Paddle Strokes	111
Bracing.....	114
Rescues.....	114
Enhancements and Advancements	119
Safety Considerations.....	120
Conclusion	122
Recommended Web Sites	122

Chapter 8 Orienteering and Geocaching 125

Daniel L. Chase, Jeff Steffen, and Jim Stiehl

Introduction to Orienteering.....	126
Equipment.....	127
Basic Skills and Techniques	130
Designing a Course.....	134
Conclusion	135
Introduction to Geocaching.....	135
Equipment.....	136
Basic Skills and Techniques	136
Safety Considerations.....	139
Conclusion	140
References	140
Recommended Readings.....	140
Recommended Web Sites	140

Chapter 9 Mountain Biking 143

Jeff McNamee and Stacy Birdsall Claus

Evolution as a Sport.....	144
Benefits of Mountain Biking	145
Equipment.....	145

Basic Skills and Techniques	149
Sustainable Trail Use and Trail Ethics	153
Safety Considerations	154
Conclusion	154
References	155
Recommended Readings	155
Recommended Web Sites	155

Chapter 10 Cycling 157

Gay L. Timken and Amy Lutz

Cycling Terminology	160
Equipment	163
Bike Fit	169
Basic Skills and Techniques	172
Safety	175
Conclusion	176
References	176
Recommended Readings	176
Recommended Web Sites	176

Chapter 11 Snowshoeing 179

John T. Saunders

Equipment	180
Basic Skills and Techniques	181
Safety Considerations	185
Environmental and Ethical Considerations	187
Conclusion	188
References	188
Recommended Readings	188
Recommended Web Sites	188
DVDs	188

Chapter 12 Nordic Walking 191

Malin Svensson

History.....	192
Benefits.....	193
Equipment.....	195
Basic Skills and Techniques	198
Safety Considerations.....	203
Conclusion	204
References	204
Recommended Resources	204
Recommended Web Sites	204

Chapter 13 Knot Tying 207

Tim P. Taylor

Benefits of Teaching Knot Tying.....	208
Introduction to Knots	208
Knot Terminology.....	210
About Teaching Knots.....	210
Five Things to Remember About Knots	213
Conclusion	215
References	215
Recommended Readings.....	215
Recommended Web Sites	215

Appendix	217
About the Editors	219
About the Contributors	221
CD-ROM User Instructions	224