

Using Adventure-Based Learning to Achieve Social & Emotional Learning Outcomes in Physical Education & Sport



The purpose of this program is to provide a foundation for social and emotional learning (SEL) in physical education and sport. Emphasizing SEL outcomes while teaching physical activity to young learners can help to bring about positive outcomes and change in behavior. This program will develop knowledge and application on how to achieve SEL outcomes in physical education by using adventure-based learning (ABL) activities. ABL activities lend themselves neatly to SEL goals through emphasis on the affective domain of learning while maintaining appropriate levels of physical activity with an emphasis on problem-solving and critical thinking skills. This program will provide resources, examples and supporting information on how to implement SEL through ABL curricula. This professional development program is flexible and customizable to meet the needs of the host school and target audience.

Facilitator: Dan Grube, PhD, Professor, Health & PE, Western Carolina University

Format: Workshop. Activity-based with some academic time.

Audience: Physical education teachers and coaches, but all teachers are welcome.

Duration: Half-day (4), full day (6), or two days (12), based on participant needs.

Language: English

For a consultation, please contact Dan Grube, dgrube@wcu.edu, WhatsApp +18285082726