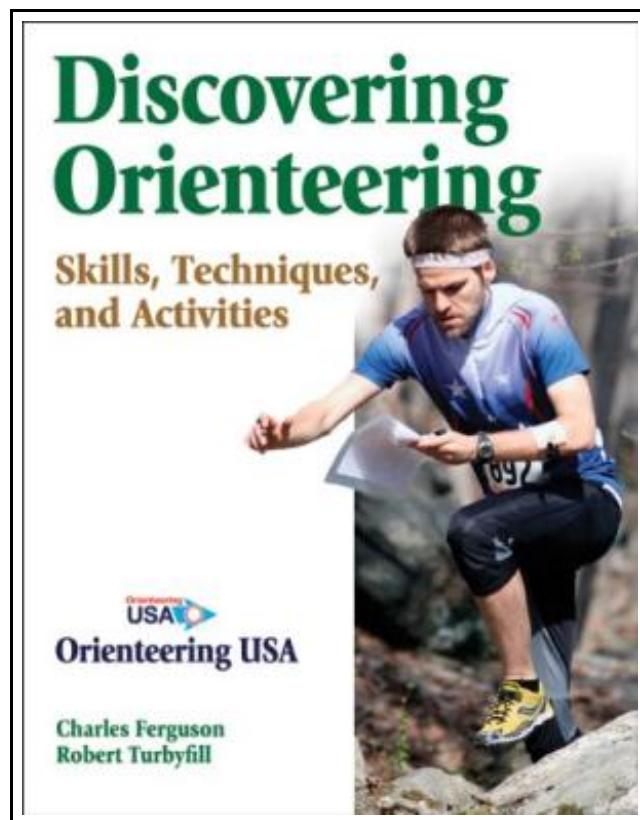


## Discovering Orienteering Skills, Techniques, and Activities



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Human Kinetics. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 10.9in. x 8.4in. x 0.5in. Engaging the mind and toning the body, orienteering offers a mindbody workout that builds confidence, problem-solving skills, and an appreciation for the natural environment. Written in an engaging manner, Discovering Orienteering: Skills, Techniques, and Activities offers a systematic approach to learning, teaching, and coaching orienteering. Discovering Orienteering presents the basic skills and techniques of the sport for beginners. It also functions as a review for advanced orienteers, featuring stories of orienteering experiences to illustrate the fun, challenge, and adventure of the sport. An excellent resource for physical educators, recreation and youth leaders, and orienteering coaches, Discovering Orienteering distills the sport into teachable components relating to various academic disciplines, provides an array of learning activities, and includes an introduction to physical training and activities for coaching beginning to intermediate orienteers. Guidelines take eager beginners beyond the basics and prepare them to participate in orienteering events. More than 60 ready-to-use activities assist educators in applying the benefits of orienteering across the curriculum. Developed in conjunction with Orienteering USA (OUSA), Discovering Orienteering addresses the methods, techniques, and types of orienteering commonly found throughout the United States and Canada. Authors Charles Ferguson and Robert Turbyfill are experienced orienteers with expertise as trainers and elite competitors. Ferguson and Turbyfill also have backgrounds in education with a variety of teaching experiences, lending to the books utility as a resource for introducing orienteering in a physical education or youth recreation setting. Discovering Orienteering begins by explaining the basics of orienteering, including a brief history of the sport followed by information on fitness, nutrition, safety, and tools and equipment. After this introduction, readers learn orienteering skills, techniques, and processes using the OUSA's systematic teaching and coaching methodology. Next, readers learn how to apply these...

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