



DOWNLOAD



Discovering Orienteering Skills, Techniques, and Activities

By Charles Ferguson

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...



READ ONLINE

Reviews

A new e book with a brand new standpoint. I am quite late in start reading this one, but better then never. I discovered this ebook from my i and dad advised this publication to understand.

-- Jada Franecki II

Here is the very best book i have got read through until now. I could possibly comprehended everything using this composed e publication. You will not sense monotony at whenever you want of your time (that's what catalogues are for concerning should you ask me).

-- Izaiah Schowalter