



## Physiological Effects of Bouldering in 4th and 5th Grade Girls

By Jennifer Muras

VDM Verlag Dez 2008, 2008. Taschenbuch. Book Condition: Neu. 220x150x3 mm. Neuware - With the problem of childhood obesity on the rise, it is important to provide a comprehensive physical education program that motivates students to lead healthy, active lifestyles. Adventure education is on the forefront of a curriculum shift from traditional sports to cutting edge, lifelong activities. With this change, many schools are turning toward equipment such as bouldering walls, a rock wall about 8 feet tall where students climb across versus up. Bouldering walls can be used as fitness stations or even as integrative game centers. However, because of the novelty of this activity, there is little research on the physiological response to bouldering. Researching ways that bouldering walls can be used and providing research that shows bouldering can increase heart rate encourages the change from traditional sports to innovative, lifelong activities. This book, therefore, provides statistical insight into the physiological effects of bouldering activities and compares two ways to use a bouldering wall. Although there is still much research to be done, this is an excellent resource for educators who want to learn about the benefits of bouldering activities. 56 pp. Deutsch.



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### Reviews

*Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Otis Wisoky**

*This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).*

-- **Dr. Everett Dicki DDS**