

What's New

Adventure-Based Learning Research, Literature, Resources and Information

by Dr. Jim Cain, Teamwork & Teamplay

A few years ago, I had the opportunity to write an adventure-based teambuilding book, and during the research for that book, I researched quite a few articles, books and publications on the significance of adventure-based learning techniques. I thought I would share these articles and resources with you, for two reasons. First, we live in a world where what we do, and how we perform is constantly evaluated and scrutinized. Few educational programs, leadership and sport programs have the luxury of funding curriculums which do not produce the measurable and desirable results mandated in our present educational systems. It is my hope that a few of these resources may prove valuable to you as you attempt to justify or obtain academic credibility for utilizing adventure-based programs. Secondly, in the interest of sharing best practices, increasing the knowledge base and generally familiarizing both faculty and administration about adventure and experiential-based learning, I hope these references will find their way onto your desks and bulletin boards and into your lesson plans and curriculum projects.

I've managed to place some of the top references in this article, with seven significant resources first. More than 2000 can be found in the book, *Teamwork & Teamplay*, by Jim Cain and Barry Jolliff. Many significant articles on adventure-based education and learning can also be found in journals, periodicals, microfilms, magazines, books, websites and newspaper articles. This information can be located using search keywords such as: teamwork, teambuilding, outdoor education, ropes course, challenge education, adventure-based education, experiential education, recreation, groupwork and outdoor training.

Basic Training

If you don't have the time or resources to manage this entire list, try these first seven resources.

- **Adventure Education and Outward Bound: Out-of-Class Experiences That Make a Lasting Difference**

John Hattie, H. W. Marsh, James T. Neill, and Garry E. Richards, *Review of Educational Research*, Spring 1997, Volume 67, Number 1, pages 43-87. Recommended by Dan Garvey, previously of UNH and now of Prescott College, and includes even more resources and references

- **Strengthen Experiential Education within Your Institution - A Sourcebook by the National Society for Experiential Education**

Jane C. Kendall, John S. Duley, Thomas C. Little, Jane S. Permaul, Sharon Rubin, 1986, (formerly of Raleigh, NC now of Arlington, VA). (www.nsee.org) An older, but interesting text, filled with ideas about gathering support for experiential programs in your school.

- The American Camping Association (ACA) now includes on their website, research and information related to education and camping programs, at the Camp Knowledge Center:

www.acacamps.org/knowledge www.acacamps.org/research

The following four texts can provide a historical perspective, excellent programming techniques, and a wide variety of activities and additional resources for adventure and experiential-based learning programs.

- **Adventure Education**

by John C. Miles and Simon Priest, 1990, Venture Publishing, Inc. State College, PA Phone (814) 234-4561 ISBN 0-910251-39-8. May be out-of-print, check your local library.

- **Adventure Programming**
by John C. Miles and Simon Priest, 1999, Venture Publishing, Inc. State College, PA Fax (814) 234-1651 ISBN 1-892132-09-5.
- **Teamwork & Teamplay**
by Jim Cain and Barry Jolliff, 1998, Kendall Hunt Publishers, Dubuque, IA
Phone: (800) 228-0810 ISBN 0-7872-4532-1
- **The Book on Raccoon Circles**
by Jim Cain and Tom Smith, 2002, Learning Unlimited Publishers, Tulsa, Oklahoma,
Phone: (888) 622-4203 ISBN: 0-9646541-6-4

Periodical and Journal Articles

- Anonymous, "Outdoor Education Directory: Organizations Involved in Outdoor Experiential Education," March 1993, ERIC Document ED 357944 Argyris, Chris, "Teaching Smart People How To Learn," Harvard Business Review, May-June 1991, pages 99-109.
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- Clements, Christine, et. al., "The Ins and Outs of Experiential Training," Training and Development, Volume 49, Number 2, February 1995, pages 52-56.
- Cross, P.K., "The Coming of Age of Experiential Education," National Society for Experiential Education Quarterly, Volume 19, Number 3, 1994, pages 22-24.
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Books, Manuals, Texts and Guides Classics, Favorites and More.

- Strengthening Experiential Education Within Your Institution by Jane Kendall, John Duley, Thomal Little, Jane Permaul and Sharon Rubin, National Society for Experiential Education, Raleigh, NC. ISBN 0-937883-00-X.
[One of the most academic specific manuals ever published, with some useful ideas for instituting an experiential program.](#)
- Teamwork & Teamplay by Jim Cain and Barry Jolliff, 1998, Kendall Hunt Publishers (1-800-228-0810) ISBN 0-7872-4532-1.
[Some of the finest ground level portable challenge and adventure activities ever collected, with building instructions and one of the best resource lists ever compiled for this field.](#)
- Into the Classroom: The Outward Bound® Approach to Teaching and Learning by Mitchell Sakofs and George P. Armstrong, 1996, Kendall Hunt Publishers ISBN 0-7872-6930-1.
[Bringing the Outward Bound experience into the classroom.](#)
- Just Beyond the Classroom by Clifford E. Knapp, 1996, Clearinghouse on Rural Education and Small Schools, Charleston, WV ISBN 1-880785-15-3
- The Interlocken Difference - Four Decades of Experiential Learning and Community Building Worldwide by Amie Hill and Richard Herman, 1998, Kendall/Hunt Publishers, Dubuque, IA ISBN 0-7872-3548-2
- Experience and Education by John Dewey, 1938, MacMillian Publishing, NY.
[A classic.](#)
- The Conscious Use of Metaphor in Outward Bound by Stephen Bacon, 1983, Colorado Outward Bound School, Denver, CO
- The Theory and Practice of Challenge Education by Thomas E. Smith, Christopher C. Roland, Mark D. Havens and Judity A. Hoyt, 1992, Kendall/Hunt, Dubuque, IA ISBN 0-8403-8042-9
- The Theory of Experiential Education by Karen Warren, Jasper Hunt and Mitch Sakofs, 1995, Third Edition, Association for Experiential Education, Kendall/Hunt, Dubuque, IA ISBN 0-7872-0262-2
- Outdoor Adventure Pursuits: Foundations, Models and Theories by Alan W. Ewert, 1989, Publishing Horizons, Inc., Scottsdale, AZ ISBN 0-942280-50-4
[An in-depth text for understanding the components of adventure activities.](#)
- Joining Together - Group Theory and Group Skills by David W. Johnson and Frank P. Johnson, 1994, Allyn and Bacon, Boston, MA ISBN 0-205-15846-3.
[Although set for the business world, applicable to the academic field as well.](#)
- The Well-Played Game - A Player's Philosophy by Bernard DeKoven, 1978, Anchor Books, Anchor Press/Doubleday, Garden City, NY ISBN 0-385-13268-9.

Read it and understand.

- No Contest, The Case Against Competition - Why We Lose in Our Race To Win by Alfie Kohn, 1986, Houghton Mifflin Co. Boston, MA 02108 ISBN 0-395-39387-6
[A fascinating tutorial on our infatuation with competition and the opportunities that exist for cooperative adventures.](#)
- Winning Is Everything and Other American Myths Thomas Tutko and William Bruns, 1976, Macmillan Publishing, NY ISBN 0-02-620770-2
- Evaluating Training Programs - The Four Levels by Donald L. Kirkpatrick, 1994, Berrett-Koehler, San Francisco ISBN 1-881052-49-4
[Chapter 13, Evaluating an Outdoor-Based Training Program, includes commentary by Richard Wagner author of many significant challenged-based articles.](#)
- Lasting Lessons: a teacher's guide to reflecting on experience by Clifford E. Knapp, 1992, ERIC/CRESS Clearinghouse, Charleston, WV ERIC Document Number ED 348204.
- Processing the Experience - Strategies to Enhance and Generalize Learning by John L. Luckner and Reldan S. Nadler, 1997, Kendall / Hunt, Dubuque, IA ISBN 0-7872-1000-5 A classic.
- The Skilled Facilitator: Practical Wisdom for Developing Effective Groups by Roger M. Schwarz, 1994, Jossey-Bass, San Francisco, CA ISBN 1-55542-638-7

Websites

- [The Association for Challenge Course Technology \(ACCT\)](http://www.acctinfo.org)
- [The Association for Experiential Education \(AEE\)](http://www.aee.org)
- [Teamwork & Teamplay](http://www.teamworkandteamplay.com)
- [The Adventure Group](http://www.theadventuregroup.com)

Some information about the Author

Dr. Jim Cain is the author of the award winning adventure-based text Teamwork & Teamplay, which received the Karl Rohnke Creativity Award presented by the Association for Experiential Education. He is the former Executive Director of the Association for Challenge Course Technology, manager of the Cornell University Corporate Teambuilding Program and the Director of the adventure-based training company, Teamwork & Teamplay. Dr. Cain makes his home in Brockport, New York and frequently serves as a visiting professor and staff development specialist on subjects ranging from experiential education to challenge and adventure-based activities, and from recreational dancing and games leadership, to structural engineering, chaos and powder mechanics.

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