

Contents

| | |
|------|--|
| vi | Preface |
| vii | Acknowledgments |
| viii | Health-Optimizing Physical Education (HOPE) 3 |

UNIT I

| | |
|----|---|
| 1 | Introduction to Dance |
| 2 | CHAPTER 1 – Brief History and Nature of Dance |
| | ◦ Definition of Dance |
| | ◦ Brief History of Dance |
| | ◦ Benefits of Dance and Creative Movements |
| 10 | CHAPTER 2 – Elements of Dance |
| | ◦ Spatial Elements |
| | ◦ Dance Energies |
| | ◦ Bodily Shapes |
| 16 | CHAPTER 3 – Dance Appreciation and Composition |
| | ◦ Form |
| | ◦ Motif |
| | ◦ Evaluating Quality of Dance |

UNIT II

25 World of Dance

26 CHAPTER 4 – Dance as an Art

- Folk Dance
- Ballet
- Modern Dance

56 CHAPTER 5 – Dance as a Competition

- Cheer Dance
- Dancesport
- Street Dance (Hip-Hop Dance)

81 CHAPTER 6 – Dance-Related Injuries

- Common Types of Dance-Related Injuries
- Injury Management Strategies
- Eating Disorders

96 Health-Optimizing Physical Education (HOPE) 4

UNIT III

97 Introduction to Outdoor Recreation

98 CHAPTER 7 – Nature and Background of Outdoor Recreation

- Definition of Outdoor Recreation
- Benefits of Outdoor Recreation
- The Leave No Trace Principles

109 CHAPTER 8 – Aquatic Activities

- Snorkeling
- Canoeing and Kayaking
- Scuba Diving

142 **CHAPTER 9 – Mountaineering Activities**

- Hiking and Trekking
- Camping
- Orienteering

UNIT IV

179 **Management of Outdoor Recreational Activities**

180 **CHAPTER 10 – Safety Practices in Outdoor Recreation**

- Common Medical Injuries Encountered in Outdoor Recreation and First Aid Administration
- Common Illnesses or Sickness Experienced in Outdoor Recreation and First Aid Administration
- Aquatic Hazards in Outdoor Recreation and First Aid Administration
- Environmental Hazards in Outdoor Recreation and First Aid Administration

199 **CHAPTER 11 – Safety Management of Outdoor Activities**

- Risk Identification, Assessment, and Reduction
- Risk Assessment and Safety Management

206 **CHAPTER 12 – Pre-trip Plan, Logistics, and Budget**

- Pre-trip/-activity Planning Consideration
- Logistics
- Budget

216 **Glossary**

221 **References**

228 **Index**