

Burke CONTINUING EDUCATION

OUTDOOR FITNESS COURSES: FITNESS & FUN

Course Description

Obesity rates in the U.S. have reached epic numbers and correlate to significant health and economic impacts. Outdoor obstacle courses in public green spaces can provide appealing, effective, and free training equipment to the community to help increase physical activity. Review the theories of obstacle course training and guidelines for their design and installation.

Learning Objectives

- Explain how obstacle course training may increase participation in exercise and encourage participation in strength and mobility training
- Describe the fundamental exercise activities included in obstacle course training and the types of outdoor fitness equipment required to safely and effectively perform those activities
- Select an appropriate site for a public obstacle course and recall relevant ASTM standards and ADA compliance requirements, and
- Describe safety concerns related to the use and maintenance of outdoor obstacle courses and mitigation strategies.

