

## **POSSIBLE MECHANISMS OF THE BENEFIT OF ONE-DAY CHALLENGE ROPES COURSES**

Chung-Chi WU \*, Chih-Mou HSIEH \*\* & Wei-Ching WANG \*\*\*

*\*Department of Recreational Sport and Health Promotion, National Pingtung University  
of Science & Technology, Pingtung, Taiwan*

*\*\*Department of Civil Education and Leadership, National Taiwan Normal University,  
Taipei, Taiwan*

*\*\*\*Department of Tourism, I-Shou University, Kaohsiung, Taiwan*

### **ABSTRACT**

*To identify possible mechanisms of benefit of one-day ropes courses, a hypothetical structural equation model based on previous research was proposed. To test the hypotheses, a survey was conducted. Utilising purposeful sampling, 279 high school students participating in a one-day ropes course programme at the National Taiwan Sports University participated. The original hypothesized model was rejected and replaced with an alternative, in which three important mechanisms (preparation for learning, processing of activities and characteristics of experiences) were identified as benefiting participants in ropes course programs. These concepts were viewed as antecedent and mediating variables in the revised model. Further hypotheses regarding (adventure-related) experiential learning were discussed. It was suggested that three mechanisms benefiting participants be applied by experiential educators: (1) having participants prepare for learning in advance and implementing sequenced processing in course design; (2) presenting a comprehensive programme starting with warm-up activities and ending with debriefing and reflection; and (3) optimising every participant's experience, as several learning opportunities are possible within a single activity.*

**Key words:** Adventure-based recreation; Ropes courses; Mechanisms benefit;  
Outdoor adventure education.