

HOW ROCK CLIMBING CONTRIBUTES TO PHYSICAL, COGNITIVE AND SOCIAL-EMOTIONAL DEVELOPMENT

Physical Development through:

- Aerobic and anaerobic activity
- Increased cardiovascular fitness
- Enhanced balance, coordination and flexibility
- Increased muscle strength and endurance
- Improved motor planning
- Enhanced body awareness

Cognitive Development through:

- Problem solving, including the identification of multiple solutions for challenges
- Decision-making and judgment-making opportunities
- Increased focus and concentration
- Visualization and mental imaging
- Following directions and safety rules
- Goal setting exercises

Social-Emotional Development through:

- Positive risk taking
- Increased self-knowledge, self-confidence and self-reliance
- Enhanced patience, perseverance, courage, will power and self-control
- Meeting challenges
- Stress management
- Awareness of others
- leadership skill building opportunities during team-building activities