

Faith-based Activities in University Fitness and Adventure Courses That Encourage Spiritual Development

But you desire honesty from the heart, so you can teach me to be wise in my inmost being. Psalm 51:6

Activities in Fitness Courses

Syllabus

Yoga: Christian emphasis in music & meditation

Boot Camp: Scripture of the day

Walk/Jog for Fitness: Scripture on Lunsford Trail (modify by posting signs or chalk writing on the sidewalk)

Swim for Fitness: Prayer laps

First Aid/CPR: Prayer circle and reflection paper

Health Courses: Victory of Wellness (VOW), note writing (thank you, sympathy)

Program Planning: Faith-based wellness program for church or business

Leadership/Mgmt: Daily scripture reading and biblical leadership principles

Kinesiology: Faith-based discussion of the human body as God's creation, Prayer requests

Lifetime Wellness: Spiritual wellness assessment, Faith Triathlon (body, mind, spirit goals), journaling (gratitude, prayer), Barnabas note, Portfolio (virtual vacation and reflection paper)

Activities in Adventure Courses

Syllabus

Scuba: Reef Ministry, dive briefings and de-briefings, video story, scrapbook (traditional and digital)

Snowskiing: Evening praise & prayer time

Backpacking and Canoe Camping: Devotionals, reflective dialogue and Q&A (around the campfire)

Outdoor Adventure: Purposeful focus on physical, spiritual, social and emotional wellness, journaling, personal collage, devotional, reflection paper

Spiritual Development based on Faith-based Activities

- Participants in our courses can be guided to ask themselves: What's my story? What's my experience of God?
- Your journal, devotional thoughts, collage, photos, videos, digital story, etc... become "a sacred place to record and request, to highlight and honor, to celebrate and surrender to the movement of God in your life." (Soneff, 9)
- Johnson's Spiritual Benefits of Wilderness:
 - The Enduring
 - The Sublime
 - Beauty
 - Competence
 - Experience of Peace
 - Self-forgetting
- Marshall's Backcountry Adventure as Spiritual Experience
 - Participants valued:
 - Transcendent experiences

- Increased self-awareness, connection to nature and appreciation/gratitude
- Sense of peace, fulfillment, restoration and confidence
- Implications:
 - Design and facilitate additional adventure recreation and education programs focused on offering a spiritual outcome
 - Strengthen links between exercise-health attributes, skill and spiritual development
- Heintzman's Conceptual Model of Leisure and Spiritual Well-Being
 - Leisure "provides repeated opportunities to translate leisure experiences of a spiritual nature into spiritual development."

V.I.S.I.O.N. Scripture Study Plan

Denton: One of the greatest gifts we give to people is to lead them to the feet of Jesus in the wilderness where both silence and natural sounds help us hear God in the place, through the pages of scripture and the practice of prayer.

- Verse
- Inspect
- Seek to Understand
- Implement
- Obvious Question?
- Nuisance (anticipated obstacles)

Digital Story Telling

Write for the moment. Who am I in that moment?

Step 1 Owning your insight

Finding the story, the story as journey, what if it is not my story? clarifying the story, change that occurred because of the moment
Frame the story to deliver a picture of a moment

Step 2 Owning your emotions

Identifying the emotions, conveying complexity, conveying your emotions, emotional honesty (deep ugly = a painful memory that evokes emotion that only you own but that others recognize as strong)

Step 3 Finding the moment

Identifying the moment of change, scene, integrating the moment of change

Step 4 Seeing your story

Seeing the images, locating/creating images to use, explicit versus implicit imagery, understanding the images

Step 5 Hearing your story

Licensing/copyright, ambient sound/sound effects, voice, soundtrack

Step 6 Assembling your story

Structure, pacing, economy, integration

Step 7 Sharing your story

Audience, purpose, presentation

Story Circle

Ground rules – 5-8 persons - 10 minutes each – Participants speak and receive feedback.

1. Do not interrupt the speaker
2. Always begin with "Would you like some feedback?"
3. Frame your questions with "If it were my story I would..." or ask questions
4. Step up if you are shy and step back if you are a "director"
5. Wave your upheld hands to applaud - immediate affirmation to the speaker

Get Started!

1. Write your narrative: 250-375 word script for short version – be aware of the viewer's attention span as well as the power of being succinct
2. 1 min of film = approx. 3 hours of editing (at first – you will speed up)
3. Record your narrative: Garage Band
4. "Load" your photos and/or video clips: iMovie, Final Cut Express or Final Cut Pro
5. Organize your photos/clips and add title, transitions, and credits
6. "Load" narrative
7. "Load" music (optional): visit Jamendo.com or a similar site for copyright free music

Mobile Capabilities

Photos and videos can be downloaded to an iPad with an inexpensive camera connector. iPad 1 with updated OS will handle Garage Band, but not yet iMovie. You can, however, load photos and sync to your music in iTunes. iPad 2 will handle Garage Band and iMovie in order to make short digital stories on the go...

NOTES: