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Physical Activity: MOUNTAIN BOARDING

While participants are participating in the fun activity of mountain boarding, they are getting lots of health benefits. The information in this packet details those benefits, from the muscles mountain boarding develops to the way it makes people feel.

This packet supplements what you will be doing during mountain boarding. You do have to get participants to recognize that this activity is great for their physical and emotional health, but you can do that in the way that best works for your group and you. These materials offer lots of different ideas for incorporating the health components into your already fabulously planned session.

Read the Facilitator's Guide in order to understand Frost Valley's physical activity initiative, to effectively use the materials in your session, and for ways to encourage physical activity among your participants in and beyond Frost Valley.

This chart, also featured in the Facilitator's Guide, highlights each of the sections in this module. This can guide you in selecting what to focus on during the session.

Description	Gives a profile of mountain boarding's health benefits
Type of Activity	Explains how mountain boarding is aerobic and anaerobic
Where It Fits within the Recommended Amount of Physical Activity	Points out where mountain boarding fits within the suggested recommended 60 minutes of daily exercise
Parts of Body Used	Names parts of the body that mountain boarding uses
Muscles Affected	Names the specific muscles that mountain boarding builds
Health Benefits	Lists mountain boarding's overall health benefits
How It Makes You Feel	Explains mountain boarding's positive emotional benefits
Suggestions for Ways to Incorporate	<ul style="list-style-type: none">• Day 1: Offers suggestions for introducing mountain boarding's health benefits during the first day of the session• Following Sessions: Gives lots of ideas for reinforcing participants' knowledge of mountain boarding's health benefits during the remaining sessions
Some Fun Ideas	Offers ideas for games and other activities that build participant awareness of mountain boarding's health benefits
Interesting Facts	Generates interest in mountain boarding
Evaluation	Presents a modifiable questionnaire about participants' views on mountain boarding and about whether they will continue beyond Frost Valley

DESCRIPTION

Mountain boarding (also called dirt boarding, off-road boarding, grass boarding, and all-terrain boarding, or ATB) is an exhilarating outdoor sport, a cross between skateboarding and snowboarding. It began as a way to stay in shape for snowboarding throughout the year, but now it's a full-fledged sport.

A mountain board is like an off-road skateboard that is strapped to your feet and has four wheels with pneumatic tires (tires made of reinforced rubber and filled with compressed air). The best part is that you don't need snow to do it! Mountain boarding is an all-terrain activity: You can mountain board on grass, dirt, pavement, sand dunes, or grassy ski slopes.

Mountain boarding is an energizing sport because it can have you jumping, doing tricks, and power sliding (which is how you stop on a mountain board). This type of movement gives your core a rigorous workout. Just maneuvering a mountain board while maintaining your balance requires using your knees, feet, arms, and shoulders. Mountain boarding also improves flexibility and requires good balance and coordination skills. Overall, it is a full-body physical activity.

TYPE OF ACTIVITY: Aerobic and Anaerobic

Mountain boarding, like snowboarding, is a great aerobic workout that gets your heart rate up. Because the sport requires rapid changes in pace and direction (quick bursts of energy!), mountain boarding also has anaerobic qualities.

WHERE IT FITS WITHIN THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY

Mountain boarding can be done every day to fulfill a portion of the required daily aerobic exercise that is part of the recommended 60 minutes of physical activity.

PARTS OF BODY USED	MUSCLES AFFECTED (See <i>Terms to Know</i> in Facilitator's Guide)	HEALTH BENEFITS
<ul style="list-style-type: none">• Upper legs• Calves• Arms• Shoulders• Hips• Feet• Lower back	<ul style="list-style-type: none">• Core muscles• Quads (<i>Quadriceps</i>)• Hamstrings• Glutes (<i>Gluteals</i>)• Tibialis anterior• Gastrocnemius	<ul style="list-style-type: none">• Builds balance and coordination• Increases flexibility and agility• Enhances cardiovascular system and respiratory endurance• Improves posture

HOW IT MAKES YOU FEEL

- Builds self-confidence
- Improves concentration
- Heightens sense of accomplishment (as mountain boarding is mastered)
- Stimulates rejuvenation while in natural surroundings
- Gets you excited

SUGGESTIONS FOR WAYS TO INCORPORATE

DAY 1

1. When introducing mountain boarding, begin by asking participants:
 - Who has done some mountain boarding? What's it like?
 - What sports is mountain boarding similar to?
 - Where and when do you mountain board?
 - Is mountain boarding good exercise? Tell me why or why not.
 - What parts of the body do you think get the most benefit from mountain boarding?
 - How does mountain boarding make you feel?
2. Point out that mountain boarding is a great physical activity that also makes you feel good in many ways. Build on what participants noted about its benefits. Share other benefits with the group.
3. As you model technique and/or as participants practice, have them identify the parts of the body/the muscles that mountain boarding affects.

FOLLOWING SESSIONS

1. Have participants do different stretches for the entire body that will get them warmed up for mountain boarding (see Mountain Boarding Stretches, below). Participants can incorporate these exercises into their 60 minutes of daily physical activity.
2. After each session, encourage participants to participate in cross-training activities that will improve their mountain boarding skills and fitness. These activities are similar to what snowboarders do and can include cardio workouts such as trail running and Zumba[®], trail running for cardio and agility, swimming for a low-impact workout, and muscle-building exercises.¹

At the next session, have participants share what they did. Ask questions like:

- What activity did you do? How long did you do it?
- With mountain boarding and other physical activities, do you think you did your 60 minutes' worth of daily exercise?
- How do you think this exercise/these exercises will help you improve your mountain boarding skills?

SOME FUN IDEAS

1. Encourage participants to try a new activity at camp and to compare it with mountain boarding.
2. One way to measure the amount of daily physical activity is by counting the number of steps taken in a day. On average, there are 2,000 steps per mile (30 minutes of continuous activity). Participants can calculate the number of steps they have taken in mountain boarding using the number of minutes they have participated in it. As a guide, participants can estimate this number using snowboarding rates: Moderate-intensity snowboarding equates to 182 steps per minute.

There are recommended guidelines for the number of steps that constitutes moderate to intense physical activity and can add up to the recommended 60 minutes of daily activity. For young people, 9,000 steps is the magic number.

Participants can chart the number of steps they have taken in a day, including swimming, general walking (using a pedometer), and other activities. Post the Step Conversion table on page 12 of the Facilitator's Guide for participants to see, and/or distribute it so they can refer to it at the end of each day. Have participants share their step rates, looking at increased activity, the effect on their bodies, etc.

3. A variation on step-based measurement of physical activity: 2,000 steps equals one mile; 10,000 steps is 5 miles. Post the Mileage Conversion Chart on pages 13-15 of the Facilitator's Guide for participants to see, and/or distribute it for them to refer to at the end of each day. Have participants share how many steps they took/miles they covered.

MOUNTAIN BOARDING: Interesting facts

In the early 1990s, a few snowboard bums in California were looking for a way to beat the summertime blues. They rigged four knobby tires (off-road tires that have knobs to provide more traction on unpaved surfaces such as loose dirt, mud, sand, or gravel) to a snowboard-sized deck, screwed on some modified bindings and started "shredding" (riding the terrain) the grassy slopes of ski resorts in the off season. Bailing (not landing a "trick" or a specific maneuver or move) on dirt, grass, and gravel proved a bit more painful than doing it in snow, but the ride was equally addictive.

Jason Lee, one of these California pioneers, was the first to call the new sport "mountain boarding." Little did he and his buddies know that all across the world, off-season snowboarders were building their own versions of "dirt boards" and "no-snow boards." A sports phenomenon was born.ⁱⁱ

EVALUATION

1. How FUN would you say mountain boarding is? Choose the number that shows what you think.

3 = A lot of fun **2** = Pretty fun **1** = A little fun **0** = No fun

2. How HEALTHY would you say mountain boarding is? Choose the number that shows what you think.

3 = Very healthy **2** = Pretty healthy **1** = A little healthy **0** = Not healthy

3. Which parts of your body would you say got the best workout from mountain boarding?

- Legs
 - Hips
 - Shoulders and neck
 - Lower back
 - Heart
 - Lungs
 - Whole body
-

4. How often might you participate in mountain boarding again at Frost Valley? Choose the number that shows what you think.

3 = Very often **2** = Pretty often **1** = Rarely **0** = Never

5. How often might you participate in mountain boarding again after leaving Frost Valley? Choose the number that shows what you think.

3 = Often **2** = Sometimes **1** = Not very often **0** = Hardly ever
(everyday) (once a week) (once a month) (once a year)

ENDNOTES

¹Prelle, Monica. "The Best Cross Training for Snowboarders" [Internet - WWW, URL]
<http://www.theactivetimes.com/best-cross-training-snowboarders>, 26 November 2011.

²Roos, Dave. "How Mountain Boarding Works" [Internet - WWW, URL]
<http://adventure.howstuffworks.com/outdoor-activities/urban-sports/mountain-boarding.htm/printable>.