



## **PHYSICAL EDUCATION**

**B. P. Ed. 3<sup>rd</sup> Year**

**PAPER NO. : B.P.Ed.4-IIIA4**

**Title: Recreation**

**TOPIC NO. 5**

**Camping and leadership**

**Lecture - 78**

### **ORGANIZATION, AIM, OBJECTIVES AND IMPORTANCE AND TYPES OF CAMPING**

#### **INTRODUCTION**

The history of recreational camping is often traced back to a British travelling tailor, Thomas Hiram Holding, but it was actually first popularized in the UK on the river Thames. By the 1880's large numbers of visitors took part in the leisure time activity, which was also considered as the late Victorian craze for pleasure boating. Thomas Hiram Holding was considered as the father of modern camping in the UK. The form of camping promoted by Thomas was something that he has experienced in the wild from his youth, when he had spent much time with his parents travelling across the American prairies. He later embarked on a cycling as camping tour with some his friends across Ireland, he wrote a book on his Ireland experience Cycle and Camp in Connemara which led to the formation of the first camping group in 1901, the Association of Cycle Campers, later known as the Camping and Caravanning Club. The Association later merged into the National Camping Club. The International Federation of camping Clubs was founded in 1932 with national clubs from all over the world affiliating to it.

Camping is an outdoor recreational activity, which involves an individual to stay outdoors and away from the comforts of his home in a shelter such as a tent, a caravan or a motorhome. The general idea is to take a leave from the developed areas to spend time outdoors in more natural ones in pursuit of activities providing the thrill and enjoyment. For an activity to be considered to be camping it is an essential characteristic that a minimum of one night is spent outdoors, and this feature distinguishes it from activities such as day-tripping, picnics and all other similarly short-term recreational activities.

Leadership is both a research area and a practical skill encompassing the ability of an individual or organization to 'lead' or guide other individuals, teams, organization or an entire country. It is the ability to build up confidence and zeal among people and to create an urge in them to be led. Leadership is an important element in directing the functions of a group, an organization or management. Wherever there is an organized group of people working towards a common goal, some form of leadership becomes essential. "The power of leadership is the power of integrating". A good leader stimulates the best qualities in a group, unites and concentrates scattering. A leader provides a direction or channel for the unused potential to be utilized, thereby increasing the creativity and productivity of the group.

Camping and leadership go hand in hand, while camping provides individuals with the skill sets required to survive in tough situations, leadership is essential that the campers don't lose hope and are directed to work in one direction so as to increase the probability of survival in the wilderness.

Further in the following topics we will be discussing how camps are organized, what are the aims and objectives they sought to fulfill, the importance of camping and the various types of camps that one may participate in depending in the needs of the camper.

### **Organization of Camping**

A camping trip may be the highlight of the year for lots of groups. These are the few days or 2-3 weeks of rich experiences and things to be done together with peers or people of the same interests away from the protective atmosphere of our home and also away from the watchful eyes of parents for some. Planning such an event and seeing it through is a challenge for each group leader. The growth of the group and form bonds with other members works best in camps. They are together as a group for several days; no one has the option to run away in between camps. Doing things together pushes people together and forms bonds. Since camps are away from home and so an individual gets used to new situations, do without their daily shower and sleep in a place which is not as comfortable as the soft bed back at home. Independence, social behavior, helping out and dealing with disagreements might be totally new experiences for some kids.

In order to make it an experience of a lifetime and that they keep coming back for more there are certain aspects that need to be considered. Before organizing a camp the following general things needs consideration:

- An adequate and competent camp personnel
- Budgeting
- Target group
- Camp site
- Food and refreshments
- Equipment supply
- Program/activities/contents
- Daily program/activity schedule
- Duration of the camp
- Transportation of the campers
- Plan of the camp site
- Pitching and allotment of tents

- Grouping of students
- Health
- Sanitation and safety
- Records
- Fees
- Rules of the camp
- Problems of the camp

### **Aim of Camping**

Camping being a recreational and educational activity has a common aim as both. Camping aims at development of the camper developing his or connection with the natural environment, development of personal aspirations, psychological behaviors and social skills; provide opportunities to be independent thus developing their decision making abilities and exercise self-discipline; develop team spirit and harness leadership skills.

The camper's aim in attending camps is to have 'fun'. A camper judges every activity on the basis of pleasure and interest. To fail to satisfy the camper's aim will defeat the central aim of the camp.

The camp must be recreational to the extent that it must be satisfying to camper's aim but it does not prevent from doing a very high level of educational work. Every camp has its own definite objectives and goals towards which every phase of camp life will be directed.

### **Objectives of Camping**

Objectives act as the means for the achievement of the aim of recreation. The following are the most important and common objectives of a camp or camping:

1. To further the welfare of campers and its leaders, through camping/outdoor education.
2. To extend the recreational and educational benefits of outdoor living.
3. To give emphasis to spiritual opportunities through camping.
4. To give more opportunities for developing fellowship among the campers.
5. To give stress in camping on leadership and citizenship training in keeping with the principles and traditions of democracy.
6. To stimulate high professional/educational standards of camp leadership.
7. To provide for exchange of experiences and successful practices, and for development of materials, standards and other aids for the progress of camping.
8. To interpret camping to related groups and to the public.
9. To develop the skill of improvisation in the absence of real things or materials.
10. To provide opportunities to develop better understanding among themselves; this enhances socialization.

## **Importance of Camping**

We all are aware that camping is a fantastic recreational activity, providing hours of enjoyment and a welcome opportunity to connect with loved ones, other campers, as well as nature. But that's just the start. Camping also has a whole range of wonderful health benefits, from physical and mental aids to those that are tailor made for children, these benefits ensure there's even more reason to involve in camping activities. Following are the importance of camping:

### **1. Camping helps with problem solving:**

Camping and the activities associated with it present the camper with challenges which he needs to solve at that very instant. The challenges are not something that one comes across in daily life like where and how to set up your tent; or how to deal with scenarios where one cannot use the modern gadgets or items of familiarity.

In addition to all of the above, camping introduces the camper to new experiences – perhaps an activity he always wanted to try but never found time for. Whatever the case, new challenges and experiences keep your brain healthy, as they force you to think for yourself. Outdoor education awakens the people to a whole new world of new ideas, which tends to give them a deep and affectionate respect of life.

### **2. Camping is great for children's education:**

Camping introduces children and individuals to a whole new world and asks them an ability to overcome new problems and challenges, having exposure to a different set of challenges not only keeps the brain healthy but leads to increased learning opportunities. Outdoor education is a method of education through direct experience with nature, people, objects, places and actually 'Learning by Doing'.

Learning is faster when it is done practically and has a prolonged effect, there is also a greater appreciation and understanding for those things that are learned first-hand.

### **3. Camping helps you sleep better:**

Another important benefit of camping is that it is good for health, especially for people suffering from sleep disorder or lack of sleep. Research in 2013 from the University of Colorado Boulder found that camping can re-set our biological clock and help those of us who find it tough to sleep and/or wake up in the morning.

It is particularly due to the increased use of artificial light in our daily lives and the fact that camping can help us to adjust to the natural light-dark cycle if we're given that chance. Receiving adequate sleep has long been touted as critical to our overall health and wellbeing.

### **4. Camping increases your vitamin D intake**

As camping is an outdoor activity hence that chances to spend more time under the open sky, but in order to get all the Vitamin D it is essential to be under the sun at the right time.

## **5. Camping leads to increased exercise:**

It generally happens that our daily routine entails long sitting hours in the office or at home with kids; the chances for exercises are very limited. Going for camping is a great opportunity to explore new surroundings; wandering through a nearby national park or even mountain climbing.

This increased exercise has myriad physical and mental benefits, which also includes combatting health problems and diseases thereby improving quality of life.

## **6. Camping makes you happier:**

As camping lightens up the mood and improves the quality of life. It's all to do with serotonin, the chemical that our body produces that helps to make us happy. It has been studied that some factors that help the body create serotonin comprises of: more sunlight, more oxygen and increased physical activity and camping ticks all the boxes.

## **Types of Camps**

There are various types of camping some of them are:

- Adventure Camping
- Dry Camping
- Backpacking
- Canoe Camping
- Bicycle Camping
- Car, Off-Road and RV
- Glamorous Camping or Glamping
- Reenactment Camping
- Social Camping
- Urban Camping
- Winter Camping
- Work Camping

All camps are different from each other, some are far superior to others because of the type of personnel they employ, the facilities they possess and the services they render. There are boys' camps, girls' camp as well as co-ed camps. Co-ed camp is often selected when there are boys and girls of a specific age for a specific camp and where there is a need from the professional institutions to train both the genders for the professional career.

There are various types of camps and sometimes with specific themes such as music, drama, horse riding, training camps for games and sports, work camps (N.S.S. camps), religious camps, institutional camps (school, college or university etc.), camps for the specially abled, youth camps etc.

Sometimes they may be simply categorized into the following three as well:

1. **Co-ed Camps:** As mentioned above as well these camps are common for both genders.
2. **Non-Private Camps:** These are also called organizational or institutional camps. They may vary in their operations. Some of these camps operate for a full summer season with fees as high as private camps.
3. **Boys Scout Camps and Girls Guide Camps.**

## **CONCLUSION**

Camping is one of the most entertaining outdoor recreation program attracting huge groups of people of different age groups, there are various types of camps being organized for different groups with a wide range of themes. However it is the camp organizers who have to take care of a lot of aspects so as to make this a life time experience and also that the participants are satisfied when they go back to their daily lives. Their productivity should improve and they would not only come back for another camping experience but also bring more of their friends or family with them.