

113-1 Adventure Education Slacklining Activity

| **Activity Time:** November 7, 2024, 9:30 AM – 12:00 PM

| **Location:** Humanities Garden

| **Description:**

This semester, Professor Chang Te-Hsin has planned a "Slacklining" activity as part of the Adventure Education course. The session will be led by the Mobile Mindset Team's coaches, Dai-Xin and Ah-Hai, guiding the entire class through the experience.

Slacklining is a versatile sport that can be practiced anytime and anywhere. It not only enhances focus, muscular endurance, and balance but is also suitable for both adults and children. With consistent practice, participants can master balancing on the slackline.

The course will begin with an introduction to setting up the equipment, followed by progressive activities, including:

- Installation and safety precautions
- Standing on the slackline for the first time
- Walking and practicing on the slackline
- Team competitions and collaborative tasks

Throughout the activity, the instructor and coaches will encourage participants to think from different perspectives and reflect on how to achieve their goals more effectively. Participants will also share their experiences and insights gained from the activity.





