

NATURE, RECREATION AND HEALTH
First year's results of a new study programme

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Abstract

In 2007 a new minor study programme "Nature, Recreation and Health" started at Van Hall-Larenstein. The course curriculum is developed by the Forestry and Nature Management department and the Garden and Landscape Architecture Department of Van Hall-Larenstein and the Sport, Health and Management Department of the HAN University. By integrating the knowledge of these institutes a unique programme is developed that attracts students from nature management courses and students from health studies.

The program is competence-driven, consists of individual desk research, field research and a group assignment. Health students, Urban Forestry students and Landscape Architecture students work together in multidisciplinary teams on assignments within a company/organisation/institution that deals with Nature, Recreation and/or Health. Students have the opportunity to do all kind of research projects, based on their own learning goals. Some examples of last year's individual research projects are development of a nature trail for visually handicapped people, a research to the possibilities of internet to attract young people to nature, redesigning the green area surrounding home for the elderly to make better use of those areas, a research to the conditions of forests to act as a stress releasing environment.

A group of students developed a teaching package for primary schools in Amsterdam. Students had to develop a varied programme of activities for primary school children. The aims of this package are to promote forests areas in the proximity of urban areas and to motivate children to become active in nature. This year, students are developing a master plan for a hospital that is going to be build in a green area in the South of the Netherlands. The aim is to integrate nature, recreation and health.

Key Words

Nature, health, study programme, research projects

Key References

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