

Student Rec Center offers adventure

New programs scheduled for the fall

CHRIS FARNSWORTH
STAFF WRITER

Not many students enter the Student Recreation Center looking for adventure. A quick workout, a game of basketball or racquetball, maybe a dip in the pool. There is, however, much more available to the unsuspecting student right in the SRC building.

"We're kind of hidden," said Steve Bobbitt, assistant director of adventure programs and ropes challenge course. "The Wall is the most visible thing."

Indeed, it is quite hard to miss the two-story multi-faceted indoor climbing wall, which occupies much of the rear wall of the SRC. As Bobbitt explains, the Wall is only the tip of the iceberg, though.

"We go above and beyond what other universities offer," he proclaims. "Our programs are educational, but definitely fun. If you don't keep it fun, people won't come back."

People coming back has not been a problem for the Adventure Programs

Department. Since most of the excursions they plan only allow about a dozen students, the quota is filled in a matter of days usually probably because these adventures take would-be thrill seekers. Outdoor rock climbing, backpacking, rafting, sea and river kayaking, canoeing and hang gliding are all offered by the APD. Destinations include Stone Mountain State Park, Linville Gorge, Pilot Mountain, Mt. Rodgers in Montana, the wild rapids of West Virginia, Cape Fear, Kitty Hawk and much more.

In addition, new programs are scheduled for the fall 1998 semester. Fall break at Shenandoah National Park and the Crystal River Manatee

snorkeling trip highlight the tentative curriculum. Also, incoming freshmen should note that Rock Climbing will now be offered as a PE 1000 level class. The course will instruct students on the basics of rock climbing using the Wall in the SRC.

Perhaps one of the most important aspects of the Adventure Program is its emphasis on leadership development. The trips offered all encourage teamwork, self-reliance, and responsibility.

"Almost all trips are led by the students," Bobbitt points out. "We want to develop students, make them better people."

Bobbitt outlines one of the Adventure Program's major goals as

preparing students for life after college. The leadership and teamwork the trips demand teach the students how to act like professionals, he says. As a matter of fact, the ADP offers teamwork trips to businesses and corporations as a way of developing and solidifying the employees ability to work and depend on each other.

The Adventure Program offers a wide variety of excursions and opportunities to escape the grind college can create, something not many other universities can boast. As if that is not enough reason to check it out, the Adventure Program is mostly self-supported, generating its own revenue, so it is relatively cheap.

Keeping track of calories at the SRC

Know how to maximize your input

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STAFF WRITER

Not everyone who walks through the doors of the Student Recreation Center is concerned about the exact number of calories they are about to burn, but some are.

Through the application of technology, this

is possible. Many of the cardiovascular workout machines, including stair-steppers, exercise bikes and treadmills, have calorie counting capabilities. But how can a machine really know how many calories you burn? It's simple. The device just factors a few variables together, and comes up with a number; your total calories burned.

This small, electronic gadget is really just responsible for computing numbers. All of the variables add up to a degree of difficulty, which directly relates to energy expended, and ultimately total calories burned. First, most of the machines ask you to enter your

weight. This is used to calculate how hard you'll have to work to move your body. Next, you'll choose an incline setting. This number represents the energy needed to work the machine. Finally, there is the speed at which you perform and the distance you "travel." These two numbers are figured into the first two and the final product of the equation emerges. The result of all this energy output is the burning of calories.

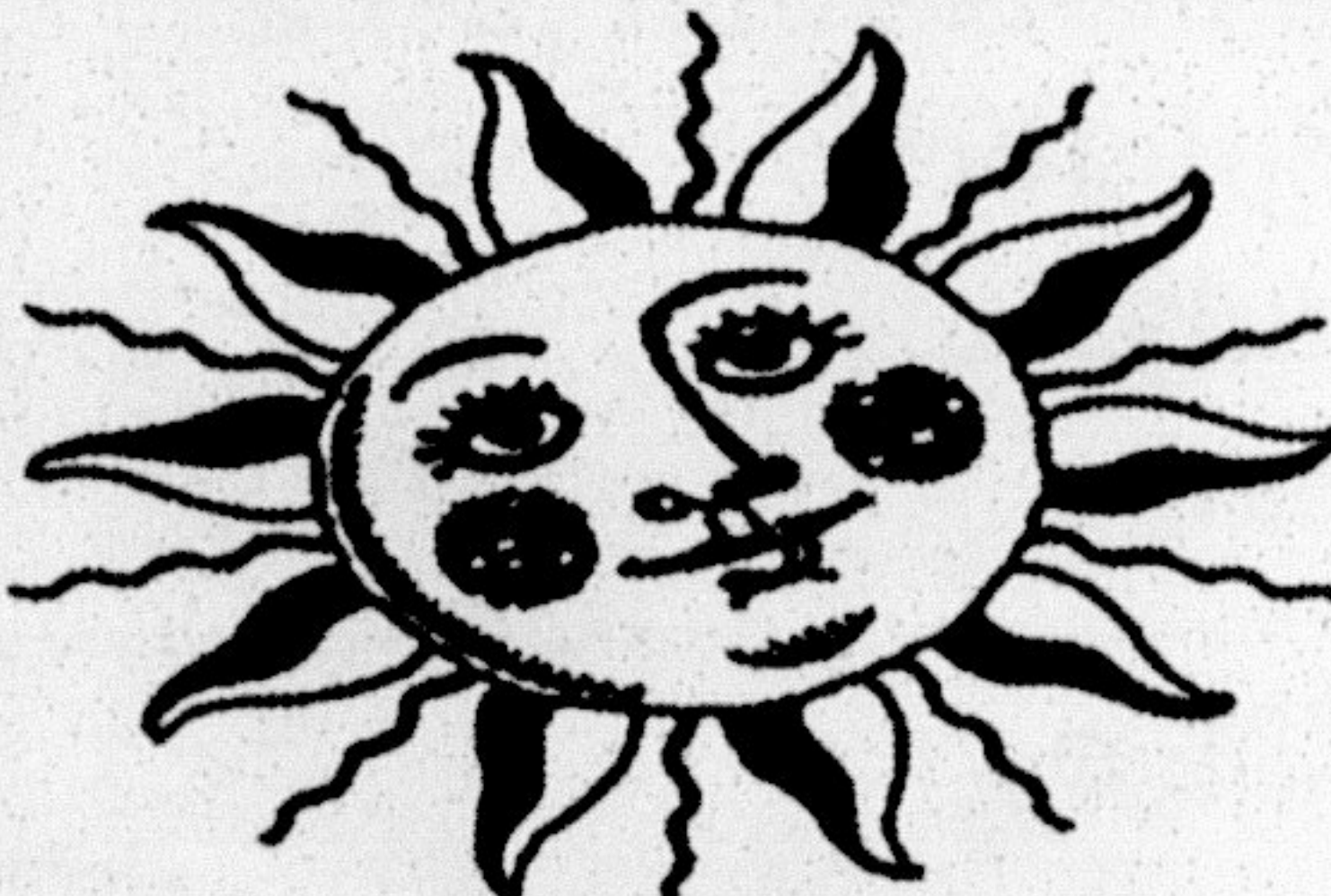
To burn maximum calories, you must maximize the degree of difficulty, the speed and the length of the workout.

Kari Brown, assistant director of student

recreation services, stresses the importance of energy output.

"It's really how hard that you're working," Brown said. "To change your calorie output, change your energy output."

Brown has dealt with students who feel that they must be burning more calories than the machine says. These students don't realize how much energy is really required to burn calories. It is important to keep your goals in mind. Don't be discouraged by numbers that don't add up to your expectations. Remember, the road to physical fitness is paved with sweat.



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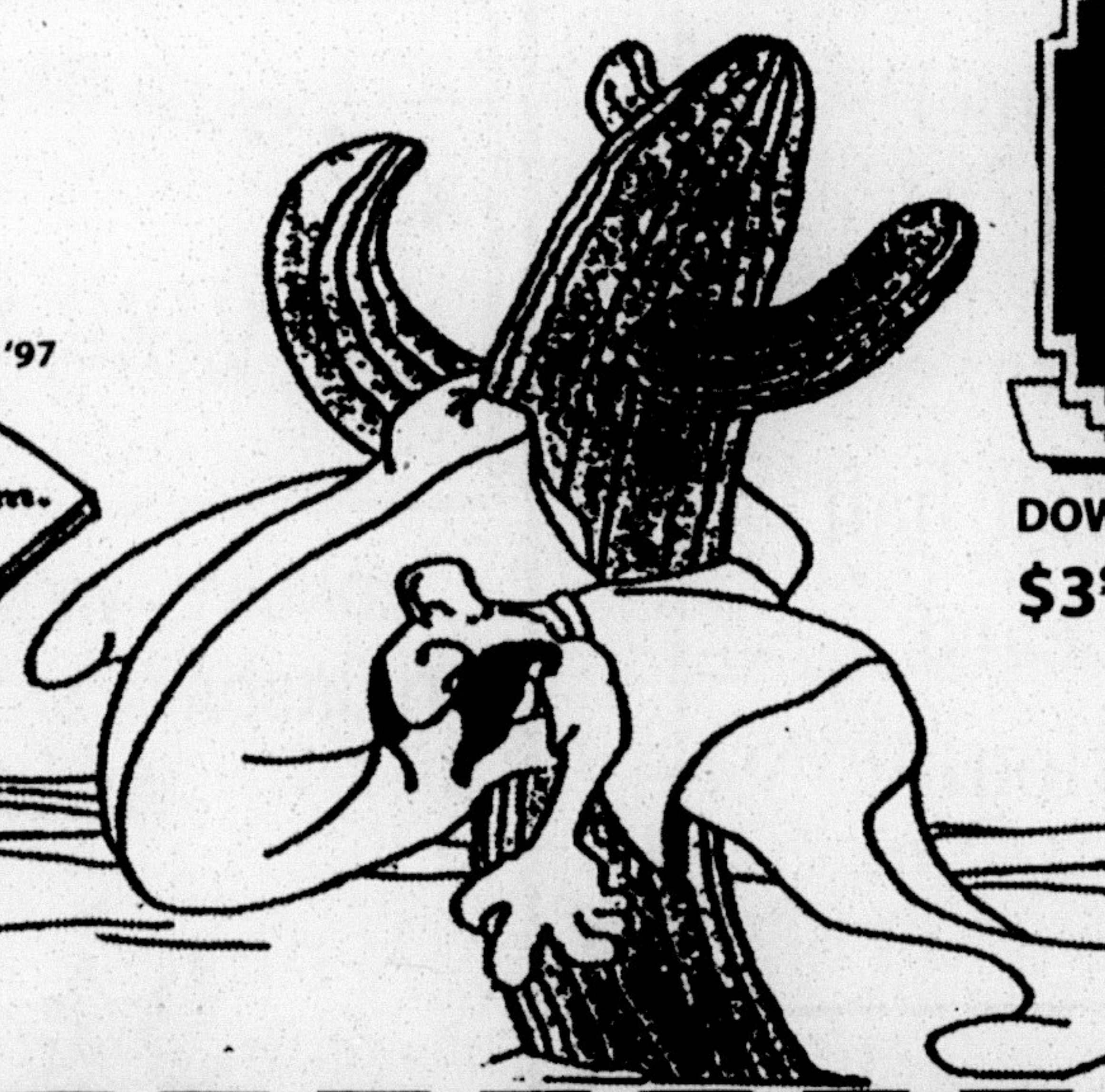
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