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Presentation: Woodland as a resource for promoting development of physical abilities

Abstract: External environments play a crucial role in the development of physical abilities such as stamina, coordination and agility. Specific extrinsic stimuli are required to promote and develop these motor skills, especially during childhood and in advanced old age. Woodland is a resource which can be exploited to promote such abilities and used as a training medium for improving performance.

The aim is to provide targeted training stimuli for specific groups of people as part of physiotherapy interventions in order to promote developmental progress and enhance motor skills. The scope of application spans all stages of life and such interventions can be used very effectively for diverse patient groups (orthopaedics, cardiology and pulmonology).