



GO EXPLORE... BIOLOGY

WHY USE TREE TOP ADVENTURE TO DEVELOP STUDENTS' KNOWLEDGE AND UNDERSTANDING OF ENVIRONMENTAL BIOLOGY?

What better way to understand the importance of photosynthesis than seeing it in action in real life? Help your students to develop an appreciation and interest in the forest by spending time within a woodland environment, reaping the restorative effects of fresh air, exercise and adrenaline.

ENVIRONMENTAL BIOLOGY

1. Discuss the process of photosynthesis.
2. What are the ideal conditions required for photosynthesis, and which variables can affect the rate of this?
3. What are the key features of the forest you are in that enables photosynthesis? Consider the climate, the type of forest, as well as its key features.
4. What effects do pollution have on the forest?
5. What preventative measures are being put into effect around the park or forest to help reduce pollution?
6. Discuss the potential food chains that could inhabit the forest. Don't forget to talk about both carnivores and herbivores.



HUMAN BIOLOGY

1. Using BPM (beats per minute), record your resting heart rate in the classroom to see if you have a typical heart rate. According to the National Institute of Health, the average resting heart rate is 60 - 100 BPM and for well-trained athletes it's 40 - 60 BPM.
2. Record your heart rate before and after your Tree Top Adventure. How has adrenaline affected your heart rate?
3. Where does adrenaline come from and what organs does it target?
4. Record your heart rate after taking part in a physical part of the course e.g. the rope ladder or stirrup crossing.
5. Why does your body require a higher BPM during exercise than when you are resting?
6. Discuss the symptoms of anxiety and excitement. How do they relate or differ?

