Visions in Leisure and Business

Volume 1 | Number 2

Article 16

1982

Walking: An Analysis Summary

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Recommended Citation

Groves, David L. (1982) "Walking: An Analysis Summary," *Visions in Leisure and Business*: Vol. 1 : No. 2 , Article 16.

Available at: https://scholarworks.bgsu.edu/visions/vol1/iss2/16

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SUMMARY

Each activity must be analyzed in terms of its cognitive and emotional dimensions in order to understand its potential as a vehicle to achieve program outcomes. Walking has a very low cognitive and a very high emotional appeal. This is its innate characteristic. It, therefore, has a high intuitive appeal and the basic programming question is how to develop a cognitive dimension to enhance the experience.