

## **F25.035 The Impact of Mountain Biking on Positive Development Among Youth**

### **Overview**

The proposed project will evaluate the efficacy of mountain biking program on positive youth development among youth (i.e., 10-18 years old). The overall goal of this mixed methods study is to evaluate how an outdoor-based intervention like mountain biking can guide the development of future interventions aimed at promoting positive youth development (i.e., reduce mental health symptoms and increase physical activities) and affect health outcomes among youth. Our central hypothesis is that mountain biking gets kids outside, connects them with peers, builds confidence and promotes positive youth development. Completion of this project will identify how mountain biking can be used as an intervention that influences various physical and mental health indicators for youth. The expected outcome of this work is an initial understanding of how an outdoor-based intervention positively impacts youth development, and the degree to which mountain biking positively impacts youth development. The results will lay the groundwork to develop alternative prevention and treatment interventions for youth that target inclusivity, equity, integrity, sense of community, and age-based developmental programs.

### **What the student will DO and LEARN**

The student will do and assist with 1) conducting a literature review, 2) participating in the community advisory board meetings, 3) recruiting participants, 4) data collection and management, and 5) data analysis. The student will learn: 1) steps in completing a literature review and annotated bibliography, 2) management and leading a community advisory board, 3) strategies for recruiting participants for research projects, 4) steps involved in collecting, managing, and storing data, and 5) procedures used to analyze both quantitative and qualitative data. The student will have the opportunity to network with individuals across NAU in various disciplines and in the Flagstaff community. The student will learn 1) networking and building relationship with others across multiple disciplines, 2) leadership skills by participating in the CAB meetings, 3) how to manage the various parts associated with a research project, and 4) how to prioritize multiple deadlines.

### **Time commitment**

6 hrs/week for 30 weeks