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## Walking: An Analysis Introduction

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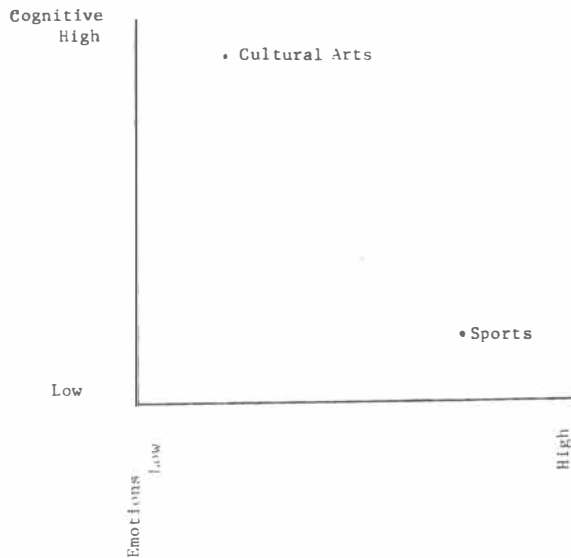
# Walking

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## WALKING: AN ANALYSIS

### INTRODUCTION

The first two sections suggest that both sports and cultural activities have both cognitive and emotional dimensions. Our society has developed a certain perceptual base that has tended to characterize these activities and has not recognized the multi-faceted aspect of each of the activity types. The following is a pictorial diagram of the nature of the experience as conceived by the U.S. culture.



Now that the nature of these assumptions is understood, the key question is how to change these perceptions, because they are limiting factors to the fuller enjoyment and participation by the public. Anyone who participates in a sport, in terms of a high level involvement realizes the cognitive and emotional dimension of this activity. In this section, walking as an activity is examined, especially in terms of its cognitive and affective dimensions.