



## MAS 201/202 COURSE SUMMARY

If you or your child did not receive a link to register for the online course work site (<https://moodle.proacad.ca>), please let us know by emailing [tech@progressiveacademy.ca](mailto:tech@progressiveacademy.ca).

Once you are registered in Moodle the following program options are available to you. If you wish to begin any of these courses, please email the teacher indicated below the course and they will give you specific instructions to get you started.

Below is a list of courses that are available to you. Some of these will be required to move onto MAS 301. Others are optional but are foundational courses that will be great credits to have for the future.

MAS 201/202 courses required to move on to MAS 301 are:

- Phys. Ed 20 or 30 (5 credits)
- HSS 1080 (1 credit)

Please note: You will also need Standard First Aid for MAS 301. We are not able to offer the course this summer due to COVID restrictions but will be able to offer the course over the winter, or in July 2021.

### **Physical Education 20/30**

Course Fee: \$500.00

Phys. Ed. 20/30 is required to enter certain faculties in University and College. This is a 5-credit course and is approximately 125 hours of learning and activity. The course consists of 7 Modules; most of these modules involve some theoretical learning online with assignments that must be completed, as well as a requirement for you to do specific and nonspecific physical activity.

**Module 1** should be completed before your in-person session and prior to moving on to any other of the modules. The assignments for Module 1 must be submitted the Friday prior to the start date of your program. Specific dates will be sent to you upon registration.

**Specific activities** ensure that you are meeting curriculum objectives of becoming familiar and learning skills in games and individualized activities. These modules will require that you utilize a tracker system to keep track of your physically active times in specific activities.

**Nonspecific physical** activity provides an opportunity for you to track how often you are active in a week. This can be through the use of phone or watch apps and journaling your activity.

You will need 60 hours combined of tracked specific and nonspecific physical activity, but this will not be difficult to achieve – you just need to be active! Walks, bike rides, playing beach volleyball,

tennis, swimming, skateboarding, etc. are all examples of day to day activity you can record. The deadline for submission of your activity tracker is August 31.

The **in- person** component consists of 5 days where our teachers and guides will meet with you to meet additional components of the curriculum (Modules 4 – 6). The 5 day program will be based on learning activities in an alternate environment and will consist of lake canoeing, river canoeing, climbing, biking, gymnastics, orienteering, line-dance, and wilderness living skills. This component will provide the foundation for you to move onto MAS 301. All of these activities have been planned to meet COVID 19 guidelines and physical distancing requirements.

You will also receive Paddle Canada Intro Skills Lake Tandem certificate through the program. This is a prerequisite for the Waterfront Instructor program offered in MAS 301.

## **HSS 1080 Leadership Foundations 1 (1 credit)**

The Leadership Foundations 1 is a foundational course for all other programs that are connected with Leadership. The course provides great learning about your own leadership style and leadership within a group. The course has content, quizzes and assignments. You may move between the content and the assignments/quizzes as much as you wish and submit your work for assessment when you are ready. You may contact the teacher at any time for assistance.

Due Date for final submission of all unit assignments is August 28, 2020

Primary Teacher Contact: Brett Pawlyk ([brett@progressiveacademy.ca](mailto:brett@progressiveacademy.ca))

## **Additional Optional Courses:**

We realize you may be tired of online learning, BUT if you have spare time this summer, and want to continue to learn, we have a number of courses that are optional that you may enroll in. These courses are foundational courses and will help you to meet the options requirement (10 credits) in order to graduate. Each of the courses is listed below. All of these optional courses are at no cost to MAS students.

### **HSS 2080 Leadership Foundations 2 (1 credit) Required for MAS 401 and 350**

The Leadership Foundations 2 expands on concepts learned in Leadership 1 and is connected to project based courses in MAS 410/350. The course identifies, analyzes, and assesses group dynamics, group leadership and effective group function. The course has content, quizzes, and assignments. You may move between the content and the assignments/quizzes as much as you wish and submit your work for assessment when you are ready. You may contact the teacher at any time for assistance.

Due Date for final submission of all unit assignments is August 28, 2020

Primary Teacher Contact: Brett Pawlyk ([brett@progressiveacademy.ca](mailto:brett@progressiveacademy.ca))

### **HSS 1010: Health Services Foundations (1 credit)**

This course is the foundational course for all health and wellness courses that follow in the Health and Social Services cluster of CTS courses. It is a prerequisite for many that follow in this field. It will be useful for Physical Education, First Aid and many other health and wellness programs. This course is required for MAS 401, completing it now will be of benefit to you. The course consists of videos, PowerPoints and voice led instruction, and is fun! You may move between the course content, quizzes and assignments as much as you choose and submit your work for assessment when you are ready. You may contact the course coordinator at any time with questions.

Due date for final submission of all assignments and quizzes: August 28, 2020

Primary Course Coordinator Contact: Kiera Madsen ([kmadsen@proacad.ca](mailto:kmadsen@proacad.ca))

### **HCS 3000: Workplace Safety Systems (1 credit)**

HCS 3000, Workplace Safety Systems is a required course for any work experience programs you do during your high school years. It is a great way to learn about employee and employer relationships regarding safety in the workplace. It is a required course for MAS 401, or any other work experience opportunity you may have in school. This is a great course to have on your transcripts and on your resume as you move through high school. You may move between the course content, quizzes and assignments as much as you wish and submit your work when you are ready. You may contact the primary teacher with any questions you may have.

Due Date for all assignment and quizzes: August 28, 2020

Primary Teacher Contact: Brett Pawlyk ([brett@progressiveacademy.ca](mailto:brett@progressiveacademy.ca))

### **FOD 1010: Food Basics (1 credit)**

This is the foundational course in the Foods cluster of CTS programs. This course is required for MAS 350 and is a great opportunity to learn the basics of food safety and preparation. It is required for any foods courses within the cluster. The course involves online learning, and some fun food preparation and cooking in your own kitchen! It is a great way to learn how to cook some special treats for your family.

Due Date for all assignments and quizzes: August 28 (you may submit your work at anytime)

Primary Teacher Contact: Brett Pawlyk ([brett@progressiveacademy.ca](mailto:brett@progressiveacademy.ca))

### **FOD 1040: Meal Planning (1 credit)**

Meal planning is the second foods course we offer and considers important factor in planning meals that are nutritionally sound and meet specific criteria based on your situation. This course is also required for MAS 350, where the concepts are migrated to planning meals for outdoor pursuits. The course involves some online learning, quizzes and assignments and provides an opportunity for you to plan some full meals. This is a great way to have fun with some spare time during the summer. You may move between the content, quizzes and assignments as much as you wish, and submit your completed work when you are ready. You may contact the primary teacher for assistance at any time.

Due date for all assignments and quizzes: August 28 (you may submit your work at anytime)

Primary Teacher Contact: Brett Pawlyk ([brett@progressiveacademy.ca](mailto:brett@progressiveacademy.ca))