



MAS 301 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.

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 401 or MAS 350. Others are optional but are foundational courses that will be great credits to have for the future.

MAS 301 courses required to move on to MAS 401 and MAS 350 are:

- Phys. Ed 20 or 30 (5 credits)
- WLD 2950 (1 credit)
- HSS 2080 (1 credit)

Physical Education 20/30

Course Fee: \$550.00

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 by Friday, July 31.

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 6 days where our teachers and guides will meet with you to meet additional components of the curriculum (Modules 4 – 6). The 6 day program will be based on learning activities in an alternate environment and will consist of lake canoeing, river canoeing, climbing, biking, gymnastics, line-dance, and wilderness living skills. This component will provide the foundation for you to move on to MAS 401 or MAS 350. All of these activities have been planned to meet COVID 19 guidelines and social distancing requirements.

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 401/350. 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)

Wildlife 2950 (WLD 2950), Advanced Practicum, Paddle Canada Waterfront Canoeing Instructor (1 credit)

This course is a part of the Wildlife cluster of CTS courses and provide a nationally recognized lake canoeing certification. Students will build from skills presented in previous years and become proficient at pedagogy for basic canoe instruction. The entire course will be provided during the in person component of the MAS 301, and consists of both skill and theory presentations by the students. Successful students will receive a Paddle Canada membership and certification during by participating in the course. The fees for the course are included in the Phys. Ed. Fee above.

Primary Instructor Trainer Contact: Lana Ohler-Madsen (lana@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 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)

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 with MAS. 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)

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)

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)