



MAS 101 COURSE SUMMARY

MAS 101 is the foundational course for our Mountain Adventure School (MAS) programs. It is ideal for students who have completed Grade 9 (or above) and have not taken or completed CALM or Phys. Ed. 10, which are mandatory credits required to graduate from High School. Through a combination of outdoor pursuit activities and online coursework, students will meet curriculum objectives for these two courses. MAS 101 also provides credits in two Career and Technology (CTS) courses. These courses create the foundation for a pathway towards employment in the Outdoor Education and Recreation field.

MAS 101 includes 3 components:

In-City Program

Combined with the online and self-directed projects, this 5-day program completes the Phys. Ed 10 curriculum. This is a prerequisite for the Mountain Camp (optional).

Mountain Camp

A 5-day camping trip in the mountains that enriches the in-city program and provides an opportunity for 2 CTS credits in the Outdoor Education/Recreation Field.

Online Coursework

The in-person camps contain coursework that must be completed online. Additional courses are available including CALM and CTS credits.

MAS 101 courses required to move on to MAS 201 are:

- CALM 20 (3 credits, online)
- Phys. Ed 10 (5 credits, combined online and in-city day camp program)
- WLD 1100 (1 credit, online)
- WLD 1130 (1 credit, out trip)

IN-CITY PROGRAM

Prerequisite: Completion of Grade 9

Credits offered: Phys Ed 10 (5 credits, in combination with online coursework)

Fee: \$450.00

During the 5 Day In-City Program, and in combination with Online Coursework, MAS 101 students will have an opportunity to achieve Phys Ed 10 through a variety of activities including lake and river canoeing, biking, wilderness living skills, orienteering, gymnastics, dance and indoor climbing.

This program is the foundation for the MAS 101 Mountain Camp.

Sessions are available in Edmonton, Calgary and Rocky Mountain House throughout July and August.

MOUNTAIN CAMP

Prerequisite: In-City Program and WLD 1100 (online)

Credits offered: WLD 1130 Outdoor Survival Skills (1 credit)

Fee: \$675.00

The MAS 101 Mountain Camp has been designed to be combined with the in-city MAS 101 program, the online CALM and CTS courses, to provide a well-rounded Physical Education, and outdoor educational experience. This trip provides an opportunity for students to learn from an experiential education framework, and apply concepts and skills achieved through the online and in-city programs.

The Mountain Camp takes place in the Kootenay Plains, west of Nordegg, in the heart of David Thompson Country. The program provides an opportunity to experience a variety of outdoor activities including rock-climbing, hiking, backcountry biking, wilderness living and survival skills!

A portion of the activity hours completed during the Mountain Camp can count towards the Phys. Ed. 10 online project requirements.

Sessions are available in July and August.

ONLINE COURSEWORK

A variety of courses are available online. See course descriptions below.

Students will have access to support from an Alberta certified teacher throughout the course.

Physical Education 10 (in combination with In-City Program)

Phys. Ed. 10 is required to graduate with your high school diploma. 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.

Specific activities ensure that curriculum objectives are met by becoming familiar with, and developing skills in games and individualized activities. These modules will require the use of a fitness tracker system to keep track of physically active times in specific activities.

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

The course requires 60 hours of combined tracked specific and nonspecific physical activity, but this will not be difficult to achieve. These hours may be accumulated throughout the summer and may include activities such as walks, bike rides, playing beach volleyball, tennis, swimming,

skateboarding – any activities that are a part of a normal day. A portion of the activity times on the Mountain Camp can count towards some of these required hours.

The **in-person** component of the Phys. Ed course, as described above, consists of 5 days where our teachers and guides will meet with you to meet additional components of the curriculum (Modules 4 – 6). This will be based on learning activities in an alternate environment (including lake canoeing, river canoeing, wilderness living skills, climbing, and biking), gymnastics and dance. With the exception of indoor climbing, all activities occur outdoors at city parks. All activities have been planned to meet COVID-19 guidelines and social distancing requirements.

CALM 20 (3 credits)

This course is required by all students in order to graduate from high school. The CALM course approaches wellness from a coherent and holistic perspective. It is designed to improve students' theoretical understanding of health and wellness, and to enhance a student's ability to apply knowledge and skills to personal situations. It is divided into 3 units: Personal Choices; Resource Choices; and Career and Life Choices. These units will be delivered entirely online with access to an Alberta certified teacher. CALM also contains a Human Sexuality unit. This has been designed as an additional component. While an important part of the course, parents may choose to have their child opt out of this component. The online nature of this course offers the student flexibility to complete the course independently within the deadlines provided.

WLD 1100 Outdoor Cooking Theory (1 credit)

This is a theoretical course outlining safe practices for outdoor cooking and is a foundational course in the Wildlife cluster (CTS). This course is a prerequisite for the Mountain Camp and for MAS 201.

We are excited to offer MAS 101 to students and continue to provide valuable learning in alternative environments. We hope to see you online, in person, and at camp!

The MAS Team