



MAS 201 COURSE SUMMARY

MAS 201 is the second year program and is suitable for students who have successfully completed MAS 101. The program has been designed to provide a well-rounded outdoor educational experience that utilizes the outdoors as a medium to complete components of Phys. Ed. and select Career and Technology Studies (CTS) courses. The program is a combination of online courses/pre-course work, a 5-day in city program, and a 6-day Mountain Camp option in the heart of the Rocky Mountains. Completing the full MAS 201 program described below will provide a pathway to MAS 301 for next summer.

There are three components of the program:

Online Courses	In-City Program	Mountain Camp (optional)
<p>Phys. Ed. 20 or 30 (online component, must be combined with the in-city day camp component – 5 credits)</p> <p>HSS 1080: Leadership Fundamentals 1 (1 credit)</p> <p>WLD 1100: Outdoor Cooking Theory (1 credit)</p>	<p>Prerequisite for Mountain Camp</p> <p>Required for completion of Phys. Ed</p> <p>Includes WLD 1910: Paddle Canada Intro Skills Lake Canoe Tandem Certificate</p> <p>Activities Included: Lake and River Canoeing, climbing, biking, orienteering, outdoor gymnastics and dance, wilderness living skills</p>	<p>6 day out trip in David Thompson Country</p> <p>WLD 1130 WLD 2920 WLD 2930</p> <p>*HCS 2020: Standard First Aid – credit is optional but students must have SFA certificate</p> <p>Activities Included: climbing, biking, hiking, wilderness living skills</p>

Overview of Credits for MAS 201

- Physical Education 20 (5 credits - online plus in-city program)
- WLD 1910: Paddle Canada Intro Skills Lake Canoe Tandem (1 credit – in-city)
- HSS 1080: Leadership Foundations 1 (1 credit - online)
- WLD 1130 – Outdoor Survival (Certificate program – 1 credit – Mountain Camp)
- WLD 2920 - Project B – Safety systems for top roped climbing on real rock (1 credit – Mountain Camp)
- WLD 2130 - Outdoor Excursions (1 credit – Mountain Camp)

Prerequisites:

- HCS 2020 OR Standard First Aid (SFA) with CPR and AED certification.
An SFA certification is required to attend the Mountain Camp.
This may be achieved through MAS during the spring for a small fee. More information on this course will be sent at a later date. If the student already has an SFA they will not be required to take this course.
- WLD 1100 (1 credit online)

Below is a description of the online courses that are prerequisites for the In-City Program and the Mountain Camp. The remainder of the courses in the program will be delivered during the in person components.

Physical Education 20*

*Students may enroll in Phys. Ed. 30 if they have already achieved Phys. Ed. 20. Additional course work online will be required for Phys. Ed. 30. Please contact us after registration to ensure that your child is enrolled in the correct course.

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 to do specific and nonspecific physical activity.

Module 1 should be completed before the in-person session and prior to moving on to any other of the modules. Specific due dates will be provided upon registration.

Specific activities ensure curriculum objectives are met by becoming familiar with and developing skills in games and individualized activities. These modules will require the use of a tracker system to keep track of 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 of daily activity.

60 hours combined of tracked specific and nonspecific physical activity will be required to complete the course. This will not be difficult to achieve; it simply requires the recording of daily activities. Walks, bike rides, playing beach volleyball, tennis, swimming, skateboarding, etc. are all examples of day-to-day activity that can be recorded.

The **in-person** component consists of a 5 day program where our teachers and guides will deliver additional components of the curriculum (Modules 4 – 6). The program will be based on providing 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 the Mountain Camp and progression to MAS 301. All of these activities

have been planned to meet COVID 19 guidelines and physical distancing requirements. Please note: The Paddle Canada Intro Skills Lake Tandem certificate is a part of the MAS 201 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 personal leadership style and leadership within a group. The course has content, quizzes, and assignments. Details regarding due dates, and teacher contact will be provided upon registration.

Should you not wish to attend the Mountain Camp but are interested in obtaining more credits during the summer, please refer to the Additional Courses document on our website.

We look forward to spending time with you this summer!