



MAS 202 COURSE SUMMARY

MAS 202 is a program that has been created for students who have not taken MAS 101 but would like to move into the MAS stream. 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 and 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 202 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)
Phys. Ed. 20 (Online component, must be combined with the day camp component – 5 credits)	Prerequisite for Mountain Camp	6 day out trip in David Thompson Country
HSS 1080: Leadership Fundamentals 1 (1 credit)	Required for completion of Phys. Ed 20	WLD 1130 WLD 2130 WLD 2920
WLD 1100: Outdoor Cooking Theory (1 credit)	*May provide Paddle Canada Intro Skills Certificate (WLD 1910)	**HCS 2020: Standard First Aid – credit is optional, see below
	Includes: Lake and River Canoeing, climbing, biking, outdoor gymnastics, orienteering, dance, and wilderness living skills	Activities included: climbing, biking, hiking, wilderness living skills

Overview of the Courses

- Physical Education 10/20/30 (5 credits - online plus in city program)
- HSS 1080: Leadership Foundations 1 (1 credit – online)
- WLD 1100 (1 credit – online)
- WLD 1130: Outdoor Survival (1 credit – Mountain Camp)
- WLD 2130: Outdoor Excursions (1 credit – Mountain Camp)
- WLD 2920: Project B – Safety systems for top roped climbing on real rock (1 credit – Mountain Camp)

- *WLD 1910: Paddle Canada Intro Skills Canoe, Tandem Certificate – because MAS 202 students may not have had an introduction to canoeing prior to the course, they may not be able to achieve this credit. Opportunities to complete this in MAS 301 will be provided.

- ** 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.

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

Physical Education 20 or 30*

*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 for the completion of 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 individual 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 recording of daily activity. 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 is required to move onto MAS 301. All of these activities have been planned to meet COVID 19 guidelines and physical distancing requirements.

**Please note: Because students in MAS 202 may not have had an introduction to canoeing, they may not have the prerequisites to achieve Paddle Canada Intro Skills certificate. Students will receive*

instruction but may not complete objectives. Options to achieve this certificate in MAS 301 the following year will be provided.

HSS 1080 Leadership Foundations 1 (1 credit)

Leadership Foundations 1 is a foundational course and required as a prerequisite 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.