

MAS 301 COURSE SUMMARY

MAS 301 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 courses. MAS 301 also provides foundational skills and knowledge to create a pathway to employment in the outdoor field. The course offers two Paddle Canada certifications which are recognized nationally. Completing the full program offers certifications and qualifications that create employable skills for many youth camps in Alberta. The program combines online courses and pre-course work, with a 6 day in city program, and a 6 day Mountain Camp option in the heart of the Rocky Mountains. Completing the full MAS 301 described below will provide a pathway to MAS 401 for next summer.

There are three components of the program:

Online Courses	In-City Program	Mountain Camp (optional)
<p>Phys. Ed. 30 (Online component, must be combined with the day camp component – 5 credits)</p> <p>HSS 2080: Leadership Fundamentals 2 online component (1 credit)</p>	<p>Pre-requisite for the Mountain Camp</p> <p>Required for completion of Phys. Ed 30</p> <p>WLD 2950: Paddle Canada Waterfront Instructor Certification</p> <p>HSS 2080: In person component of the course</p> <p>Includes: Lake and River Canoeing, climbing, biking, orienteering, outdoor gymnastics and dance, and wilderness living skills</p>	<p>6 day out trip in the David Thompson county</p> <p>WLD 2920 (Paddle Canada Camping Basics Skills Certificate) WLD 2130 HCS 2910</p> <p>**HCS 2020: Standard First Aid – credit is optional, see below</p> <p>Activities included: climbing, biking, hiking, wilderness living skills, wilderness emergency response</p>

Overview of the Courses

- Physical Education 30 (5 credits - online plus in-city program)
- WLD 2950: Paddle Canada Waterfront Instructor Certification (1 credit – in-city)
- WLD 2130: Outdoor Excursions (1 credit – Mountain Camp)
- WLD 2920: Project C – Paddle Canada Camping Basics Skills (Certificate program – 1 credit Mountain Camp)
- HCS 2910: Project B: Wilderness Emergency Response (1 credit – Mountain Camp)
- HSS 2080: Leadership Foundations 2 (1 credit – online and in city)

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 30

Course Fee: \$550.00

Physical Education 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. During the lake canoeing days, students have the opportunity to achieve the Waterfront Instructor Certification. The in city component will provide the foundation for the Mountain Camp and is required to move onto MAS 401. All of these activities have been planned to meet COVID 19 guidelines and physical distancing requirements.

Please Note: Students must hold a valid Standard First Aid with CPR and AED certificate in order to participate in the programs. We will be offering this as a credit course (HCS 2020) during the spring in Edmonton and Rocky Mountain House. Further details will be provided shortly.

HSS 2080 Leadership Foundations 2 (1 credit)

Leadership Foundations 2 is the second level course in the Leadership cluster, and is required as a corequisite for a number of the CTS courses offered during in city programs and the Mountain Camp. The course explores both personal and group leadership styles and provides opportunity for

students to experience leadership – both as a leader and a follower. The course contains an online component as well as an in person practical component. Details regarding due dates and projects will be supplied 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!