



## MAS 401 COURSE SUMMARY

MAS 401 is the culminating course in the Introduction to Guiding series of programs for the Mountain Adventure School. MAS 401 combines formal courses and training, with practical experience to provide participants with a strong foundation for employment in the Adventure Education/Recreation discipline.

New for 2021, MAS 401 is offered with a number of options. The full program includes the formal Wilderness Advanced First Aid (WAFA) course, three days of training, a Mountain Camp that provides 3 additional Paddle Canada certificates, plus 2 weeks of work experience. Should time be an issue, participants may also choose to complete only the WAFA course, one day of training, and work experience; OR the participant may choose to complete the entire program without the work experience component. Please see the MAS 401 Information package online for a full explanation of the options.

All options include online course work that must be completed for full credits in the program. Below outlines the courses and online work that is required.

There are four components of the program:

<b>Online Courses</b>	<b>On-site Training (at HeLa)</b>	<b>Mountain Camp (optional)</b>	<b>Work Experience (optional)</b>
<p>HSS 1010: Health Services Foundations</p> <p>HCS 3000: Workplace Safety Systems (required for work experience)</p> <p>WLD 3130: Outdoor Leadership (online component)</p>	<p>3 days prerequisite for the Mountain Camp</p> <p>HCS 3020: WAFA course</p> <p>WLD 3130: Outdoor Leadership (practical component)</p> <p>Review and practical application of HSS 1010 and HCS 3000</p>	<p>5 day river trip (Nordegg – Rocky Mountain House on the North Saskatchewan River)</p> <p>WLD 3130 (Outdoor Leadership – practical component)</p> <p>WLD 3910 WLD 3920 WLD 3950</p>	<p>3 credits</p> <p>2 weeks (not necessarily simultaneous) consisting of:</p> <p>-1 week in city</p> <p>-1 week Mountain Camp (101 or 201)</p>

Overview of the courses:

1. HSS 1010: Health Services Foundations (1 credit)
2. HCS 3000: Workplace safety systems (1 credit)
3. HCS 3020: First Responder 1 (1 credit)
4. WLD 3910: Paddle Canada Camping Basics Skills
5. WLD 3920: Paddle Canada Moving Water Skills
6. WLD 3130: Outdoor Leadership (1 credit)

7. WLD 3950: Advanced Practicum: Paddle Canada Wilderness Camping Skills (a three day course)
8. Work Experience: (3 credits)

Below is a description of the online courses (with an asterisk) that are prerequisites to the WAFA and the Mountain Camp. The remainder of the courses will be delivered during in person components of the program.

If credits for the following courses are already on your transcripts, you will not be required to take the course.

### **\*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 a prerequisite of HCS 3020 (Advanced Wilderness First Aid). Components of this course will be reviewed during the training days following the WAFA course. The course consists of videos, PowerPoints and voice led instruction, and is fun!

### **\*HCS 3000: Workplace Safety Systems (1 credit)**

HCS 3000, Workplace Safety Systems is a required course for any work experience program. It is a great way to learn about employee and employer relationships regarding safety in the workplace. It is a prerequisite for the work experience component of MAS 401. This is a great course to have on your transcripts and on your resume.

### **WLD 3130: Outdoor Leadership**

WLD 3130 is the culminating course in the leadership series of the Wildlife cluster of programs in the CTS modules. In this course, students develop and demonstrate leadership attitudes, skills and knowledge in the planning and implementation of activities dealing with Outdoor Excursions. Concepts from previous Wildlife courses will be applied practically through this course, as students develop skills in leading and following, and implementing safe travel and living in an outdoor setting. The course will contain an online component that must be completed prior to attendance at camp, plus a practical component applied both during the training days and on the Mountain Camp. The experience and skills gained through this course will be beneficial and practiced during the work experience component of MAS 401.

### **WLD 3910: Paddle Canada Camping Basic Skills**

WLD 3910 is a special project course which is attached to a nationally recognized certification body. The course provides the skills required to move to an Instructors level in the Paddle Canada Camping program. As a standalone course, Camping Basic Skills provides opportunity for participants to achieve skills in front country camping including trip planning, route planning, management of food systems, choosing a campsite, tent and tarp set up and a variety of warming and cooking techniques.

## **WLD 3920: Paddle Canada Moving Water Skills**

The Paddle Canada Intro Moving Water Skills is the first certificate course in the Moving Water stream of courses. This is a prerequisite for the Paddle Canada Intro MW Instructors Certification. The course deals with river reading, safe river travel in Class I moving water, and an introduction to rescues in Moving Water. Students will have the opportunity to experience both leading and following as they move through the course.

This is a nationally recognized certificate.

## **WLD 3950: Paddle Canada Wilderness Camping Skills**

WLD 3950 is an Advanced Practicum and weaves the Camping Basic skills with the Intro MW skills program to provide skills and experience in leading canoe trip programs on Class I moving water. The 3 day course includes navigation, loading and securing camping gear in canoes, safe travel with loaded canoes, camp set up, knife and saw use, food management systems, no trace camping concepts, and wildlife safety in back country camps. Included in the course will be a focus on emergency response plans and practice with execution of dealing with First Aid in a wilderness context. The course will also be combined with the Outdoor Leadership course to provide experience for participants in leadership on moving water canoe trips. This course is a prerequisite for a Camping Program Intro Instructor certification.

## **WORK EXPERIENCE (3 CREDITS)**

The work experience component of MAS 401 is optional and is offered by application and interview only. Because of the small group requirements due to COVID, the spots available are limited. The opportunity will consist of one week assisting with a MAS 101 or MAS 201 in-city program, and one week assisting with a MAS 101 or MAS 201 Mountain Camp. The experience may also include camp days, assisting with the packing and cleanup of the Mountain Camps. You will be under the mentorship throughout the work experience component of fully trained and qualified guides. Because of your assistance with the groups, the fees for MAS 401 have been adjusted for those who are able to complete the work experience component. You will be responsible for your own transportation to and from the in-city programs, and the Mountain Camp location.

If you are interested in the Work Experience option, please apply early by emailing [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca) We will follow up with an application package.