



## **MAS 100 SERIES COURSE SUMMARY**

The Mountain Adventure School (MAS) offers summer high school credit programs for students from Grade 10 – 12. The programs combine online learning with in-person camps, offered both in the city, and in a remote mountain environment.

The MAS 100 Series provides the foundation for all of our MAS programs. It is ideal for students who have not completed CALM or Phys. Ed. 10, which are 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.

The three options in the MAS 100 series are outlined in the tables below. The remainder of the document describes in greater detail the specifics of each MAS program option.

### **CALM**

#### **Optional**

3 credits, online

May be taken as a stand-alone course or in conjunction with any of our programs.

Required for high school graduation

Required for MAS 201

### **MAS 100**

#### **Phys Ed 10 / In-City Day Camp**

5 credits

Combination of online coursework and a 5-day city based camp

Activities included: lake and river canoeing, wilderness living skills, climbing, biking, orienteering, gymnastics, and dance

Required for high school graduation

Pre-requisite for Mountain Camp

### **MAS 101**

#### **Mountain Camp**

7 credits: MAS 100 PLUS two CTS credits (WLD 1100 Outdoor Cooking Theory; WLD 1130 Outdoor Survival Skills)

5-day camping trip in the Kootenay Plains west of Nordegg

Activities include: rock-climbing, hiking, backcountry biking, wilderness living and survival skills

Overview of credits available:

- CALM 20 (3 credits, online)
- Phys. Ed 10 (5 credits, combined online and in-city day camp program)
- WLD 1100 (1 credit, online with application at Mountain Camp)
- WLD 1130 (1 credit, Mountain Camp)

### **CALM 20 (3 credits)**

This course is required by all students for high school graduation. 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 their ability to apply knowledge and skills to personal situations.

The course is divided into 4 units: Personal Choices; Resource Choices; Career and Life Choices; and Human Sexuality. These units will be delivered entirely online with access to an Alberta Education certified teacher. The Human Sexuality Unit has been designed separately to allow parents, under special circumstances, to request to have their child opt out of this section of CALM 20.

The online nature of this course offers the student flexibility to complete CALM independently within the deadlines provided.

### **MAS 100 - PHYS ED 10 / IN-CITY DAY CAMP**

**Prerequisite:** None

**Credits offered:** Phys Ed 10 (5 credits, combination of 5-day camp and online coursework)

Phys. Ed. 10 is required to graduate with a AB high school diploma. This is a 5-credit course with approximately 125 hours of learning and activity. The online theoretical component achieves ~25 hours, the day camp completes ~40 hours, and the remaining ~60 hours will be individually tracked by each student. These hours are not difficult to achieve – students simply need to record the hours they are active (examples provided below). Recording activity hours can begin May 1. For those attending MAS 101, some of these hours will be achieved through the Mountain Camp. The course is divided into 7 Modules that meet curriculum outcomes.

The **In-City Day Camp** is the in-person component of the Phys. Ed course. This consists of 5 days where teachers and guides will meet with students to achieve 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 and gymnastics, all activities occur outdoors at city parks. The

climbing program takes place at Vertically Inclined, and gymnastics occurs at Dreams Gymnastics. All activities have been planned to meet COVID-19 guidelines.

Modules 2 and 3 include individual activities and games. These modules require a small amount of online work, combined with individual recording of active hours. Examples of the 60 hours of activity include: walks, bike rides, playing beach volleyball, tennis, swimming, skateboarding, spike ball, baseball, basketball – any active components of a normal day. Those attending the Mountain Camp will be able to record approximately 30 hours of active time in both games and individual activities.

*MAS 100 provides the foundation and is a prerequisite for the MAS 101 Mountain Camp.*

### **2022 Dates:**

#### Edmonton

- 100-1: July 4-8
- 100-2: July 11-15
- 100-3: July 18-22
- 100-5: July 25-29
- 100-6: Aug. 1-5
- 100-7: Aug. 8-12

#### Calgary

- 100-4: July 18-22

#### Rocky Mountain House

- 100-8: Aug 8-12 (For rural students, this program will offer accommodations at our field school location, HeLa Ventures. Additional fees for meals and accommodations will apply)

**Fee: \$500.00** (payable upon acceptance of registration)

## **MAS 101 - MOUNTAIN CAMP**

**Prerequisite:** MAS 100 In-City Day Camp, WLD 1100 Outdoor Cooking Theory (online, with practical application at camp)

**Credits offered:** WLD 1130 Outdoor Survival Skills

MAS 101 is designed to be combined with the MAS 100 In-City Day Camp, and CALM (optional) to provide a well-rounded Physical Education and outdoor education experience. The Mountain Camp provides an opportunity for students to learn from an experiential

education framework, and apply concepts and skills achieved through the online component and In-City Day Camp.

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, and wilderness survival skills. A wide variety of traditional and cooperative games will be a part of the evening activities.

Students will be required to complete WLD 1100 Outdoor Cooking Theory online as a prerequisite to the Mountain Camp.

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

**2022 Dates:**

- MC 101-1: July 11-15
- MC 101-2: July 18-22
- MC 101-3: July 25-29
- MC 101-4: Aug 1-5
- MC 101-5: Aug 13-17
- MC 101-6: Aug. 22-26

**Fee: \$725.00** (payable upon acceptance of registration)

We are excited to offer our MAS 100 Series to students and provide valuable learning in alternative environments. We hope to see you online, in person, and at camp!

The MAS Team