



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 CTS courses. MAS 301 also provides foundational skills and knowledge to create a pathway to employment in the outdoor field. The course offers two nationally recognized Paddle Canada certifications and is a prerequisite for MAS 401, which provides additional certifications and work experience towards a career in the outdoors.

MAS 301 is offered as a 14-day camp with an online component: 7 days at HeLa Ventures, 4 days on an out-trip, and 3 days on a river trip. Students will receive 1 Paddle Canada Instructor certification, and 1 Paddle Canada Skills certificate that will move them further along the pathway towards becoming an Outdoor Leader.

There are two components of the program:

14-Day Camp

7 days at HeLa Ventures
4 days on a camping trip in the mountains west of Nordegg
3 days on a river trip

Phys Ed 30 (in-person component)
WLD 2130 (Outdoor Excursion)
WLD 2920 (Paddle Canada Camping Basics Skills)
WLD 2950 (Paddle Canada Waterfront Instructor)
HSS 2080 (Leadership Foundations 2, in person component)
HCS 2910 (Wilderness Response to First Aid)

Activities included: lake and river canoeing, rock climbing, backcountry biking, hiking, wilderness living skills, wilderness emergency response

Online coursework

Phys. Ed. 30 (online component – 5 credits)

HSS 2080 (Leadership Fundamentals 2, online component – 1 credit)

Overview of the Credits:

- Phys. Ed. 30 (5 credits, online and in-person component)
- WLD 2130 (Outdoor Excursion)
- WLD 2920 (Paddle Canada Camping Basics Skills)
- WLD 2950 (Paddle Canada Waterfront Instructor)
- HSS 2080 (Leadership Foundations 2, online and in person)
- HCS 2910 (Wilderness Response to First Aid)

Prerequisites: MAS 201/202 and Standard First Aid Certificate

Dates: July 4-17

Fee: \$1,960.00 (Payable upon acceptance of registration)

Below is a description of the online courses that are prerequisites to the 14 Day Camp. The remainder of the courses above will be delivered during the in person component of the program.

Physical Education 30

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.

During the **in-person** component, teachers and guides will deliver Modules 4 – 6 of the course. The program will be based on providing activities in an alternate environment and will consist of lake and river canoeing, rock climbing, backcountry biking, hiking, gymnastics, orienteering, dance, and wilderness living skills. During the lake canoeing days, students have the opportunity to achieve the Paddle Canada Waterfront Instructor Certification. All activities have been planned to meet COVID-19 guidelines.

Modules 2 and 3 will require an additional 15 hours of individually tracked games and activities. 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. Recording of activities may begin May 1, 2022.

Specific due dates will be provided upon registration.

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 the program. 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.