



MAS 200 SERIES

Full Mountain Camp

The MAS 200 Series is our second-year program. 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 CTS courses.

All of the MAS 200 series programs combine online coursework with in-person learning. The MAS Full Mountain Camp is 13 days long and is based out of the HeLa Ventures field school and Mountain Camp locations. MAS 201 is for students who have completed a MAS 100 level course in 2021. MAS 202 is for students who are new to MAS but have already completed Phys Ed 10. Completing the MAS 201/202 in either format will provide a pathway to MAS 301 for next summer.

The two options are outlined in the tables below.

MAS 201C **Full Mountain Camp**

For students who previously attended a MAS 100 level course

Pre-requisite: Phys. Ed 10

Pre/co-requisite: CALM 20

10 credits

Includes MAS 200 (5 days at HeLa) plus 8-day mountain camp (2 First Aid days at HeLa and 6 days camping west of Nordegg)

-HCS 2020 (Standard First Aid)

-WLD 2130 (Outdoor Excursion – 201 students)

-WLD 1130 (Outdoor Survival Skills – 202 students)

-HSS 1080 (Leadership Foundations 1)

-WLD 2920 (Safety Systems for Top Rope Climbing)

Activities Included: rock climbing, backcountry biking, hiking, wilderness living skills

MAS 202C **Full Mountain Camp**

For students who are new to MAS

Pre-requisite: Phys. Ed 10

Pre/co-requisite: CALM 20

10 credits

Includes MAS 200 (5 days at HeLa) plus 8-day mountain camp (2 First Aid days at HeLa and 6 days camping west of Nordegg)

-HCS 2020 (Standard First Aid)

-WLD 2130 (Outdoor Excursion – 201 students)

-WLD 1130 (Outdoor Survival Skills – 202 students)

-HSS 1080 (Leadership Foundations 1)

-WLD 2920 (Safety Systems for Top Rope Climbing)

Activities Included: rock climbing, backcountry biking, hiking, wilderness living skills

***NOTE FOR STUDENTS REQUIRING CALM:**

We offer CALM 20 as a standalone course that can be completed online in conjunction with any of our programs. For more information, check our MAS 100 Series package.

MAS 201C and 202C - Full Mountain Camp

If COVID restrictions allow, we will offer one MAS 201/202 delivered completely at camp in August. This will consist of 13 days: 7 days stationed at HeLa Ventures; and 6 days at Mountain Camp.

Pre/co-requisite: CALM 20, Phys. Ed. 10

Credits offered:

- Phys. Ed. 20 or Phys. Ed. 30 (5 credits, online plus in-person)
- HCS 2020 (1 credit, Standard First Aid)
- WLD 2130 (1 credit, Outdoor Excursion) OR WLD 1130 (1 credit, Outdoor Survival Skills)
- WLD 1910 (1 credit, Paddle Canada Intro Skills Lake OR Waterfront Skills)
- HSS 1080 (1 credit, Leadership Foundations 1, online)
- WLD 2910 (1 credit, Safety Systems for Top Rope Climbing)

Phys. Ed. 20/30 is required to enter certain faculties in University and College. This is a 5-credit course with approximately 125 hours of learning and activity. The online theoretical component achieves ~25 hours, the 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. Some of these individual hours will be achieved through the Mountain Camp. The course is divided into 7 Modules that meet curriculum outcomes.

Please note: The Paddle Canada Intro Skills Lake or Waterfront Tandem certificate is a part of the MAS 200 program. This is a prerequisite for the Waterfront Instructor program offered in MAS 301.

The Full Mountain Camp combines a stay at the HeLa Ventures field school followed by camping west of Nordegg, in the heart of David Thompson Country. During the days at HeLa, students will participate in the Lifesaving Society Standard First Aid Certification course, and a portion of WLD 2130 (Excursions). The Mountain Camp provides an opportunity to experience a variety of outdoor activities including rock climbing, hiking, backcountry biking, and intermediate wilderness living skills.

Dates: August 15-27, 2022

Fee: \$1,820.00 (Payable upon acceptance of registration)