



MAS 200 SERIES

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 201/202 programs offer a 5-day In-City Day Camp, and an 8-day Mountain Camp option in the heart of David Thompson Country. Completing the MAS 201/202 in either format will provide a pathway to MAS 301 for next summer.

A Full Mountain Camp (MAS 201/202C) is a separate option. It offers the same program but is 13 days and is based out of the HeLa Ventures field school and Mountain Camp locations. Visit our website for more information on the Full Mountain Camp!

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

MAS 200

Phys Ed 20 / In-City Day Camp

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

6 credits:

-Phys. Ed. 20 or 30
Combination of online
coursework plus a 5-day in
city camp

-WLD 1910 (Paddle Canada
Intro Skills Lake Canoe
Tandem Certificate)

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

Pre-requisite for Mountain
Camp

MAS 201

Mountain Camp (Optional)

Pre-requisites: MAS 101

Students must be registered
for the In-City Camp (MAS
200)

4 credits:

-HCS 2020 (Standard First
Aid)

-WLD 2130 (Outdoor
Excursion)

-HSS 1080 (Leadership
Foundations 1)

-WLD 2920 (Safety Systems
for Top Rope Climbing)

8-day camp combining 3
days at HeLa and 5 days
camping west of Nordegg

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

MAS 202

Mountain Camp (Optional)

Students must be registered
for the In-City Camp (MAS
200)

4 credits:

-HCS 2020 (Standard First
Aid)

-WLD 1130 (Outdoor
Survival Skills – 202
students)

-HSS 1080 (Leadership
Foundations 1)

-WLD 2920 (Safety Systems
for Top Rope Climbing)

8-day camp combining 3
days at HeLa and 5 days
camping west of Nordegg

Activities Included: rock
climbing, backcountry biking,
hiking, camping and
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.

Overview of credits available:

- Phys. Ed. 20 or 30 (5 credits, online and 5-day In-City Day Camp)
- WLD 1910 (1 credit, Paddle Canada Intro Skills Lake OR Waterfront Skills, depending on paddling experience)
- HCS 2020 (1 credit, Standard First Aid)
- WLD 2130 (1 credit, Outdoor Excursion – 201 students)
OR WLD 1130 (1 credit, Outdoor Survival Skills – 202 students)
- HSS 1080 (1 credit, Leadership Foundations 1, online)
- WLD 2920 (1 credit, Safety Systems for Top Rope Climbing)

MAS 200 - PHYS ED 20 / IN-CITY DAY CAMP

Pre/co-requisite: CALM 20

Credits offered: PE 20/30 (5 credits)

*Students may enroll in Phys. Ed. 30 if they have already achieved Phys. Ed. 20.

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 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 201/202, 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 in which teachers and guides will meet students to achieve 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, orienteering, and wilderness living skills. Gymnastics and dance modules will also be covered. This component will provide the foundation for the Mountain Camp and progression to MAS 301. 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 ~30 hours of active time in both games and individual activities.

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.

2022 Dates:

- 200-1 (Edmonton): July 11-15
- 200-2 (Calgary): July 18-22

Fee: \$550.00

MAS 201/202 - MOUNTAIN CAMP

Prerequisite: MAS 200 In-City Day Camp

Credits offered:

- HCS 2020 (1 credit, Standard First Aid, requires an online prerequisite)
- WLD 2130 (1 credit, Outdoor Excursion – 201 students)
OR WLD 1130 (1 credit, Outdoor Survival Skills – 202 students)
- HSS 1080 (1 credit, Leadership Foundations 1, online)
- WLD 2920 (1 credit, Safety Systems for Top Rope Climbing)

The MAS 201/202 Mountain Camp is designed to be combined with the MAS 200 In-City Day Camp to provide a well-rounded Physical Education and outdoor educational experience. The program 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 combines 3 days at HeLa Ventures and 5 days camping west of Nordegg, in the heart of David Thompson Country. During the initial 3 days at HeLa, students will participate in the Lifesaving Society Standard First Aid Certification course, and a portion of WLD 2130 (Excursions). The 5 day Mountain Camp provides an opportunity to experience a variety of outdoor activities including rock climbing, hiking, backcountry biking, and intermediate wilderness living skills.

A portion of the activity hours completed during the Mountain Camp can count towards the Phys. Ed. 20/30 hour requirements for games and individual activities (Modules 2 and 3).

2022 Dates:

- MC 201/202-1: August 6-13
- MC 201/202-2: August 20-27

Fee: \$1,120.00 (Payable upon acceptance of registration)