



## **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 is ideal for students who are entering high school and have not completed CALM or Phys. Ed. 10, which are required to graduate. CALM is offered as an online course, and concepts gained through CALM are applied interactively through all camps. Through a combination of outdoor pursuit activities offered in the city, and online coursework, students can meet curriculum objectives for Phys. Ed. And other credits in a fun summer camp environment.

The MAS 100 series provides two program choices:

- MAS 100: In-city day camps offering Phys. Ed. 10
- MAS 100MC: Offered in conjunction with MAS 100; provides a 5 day out trip to the mountains and offers specific CTS credits

The online CALM course is also available as an independent course to any Alberta student.

*Please note, a full 13-day camp option is also available—MAS 101. This camp is offered at our Field School location in Rocky Mountain House, AB. Visit our website for more details.*

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

This course is a graduation requirement for all Alberta students. The CALM course teaches life skills related to career, finances, personal choices, and sexuality 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: Career Planning & Exploration, Independent Living & Money Management, Personal 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.

**Fee:**

- \$50.00 as a stand-alone course
- \$0.00 is combined with any level MAS camp

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

**Prerequisite:** None

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

Phys. Ed. 10 is a graduation requirement for all Alberta high school students. The program consists of 7 modules and includes the following:

- Approximately 20 hours of online study (Modules 1 and 7, parts of modules 2, 3, and 4)
- 15 hours of tracked games (examples are listed below, Module 2)
- 15 hours of tracked individual fitness activities (examples are listed below, Module 3)
- Participation in a 5 day in-city camp (Module 4, 5, and 6; see explanation, dates, and times below)

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. Learning activities will take place in an alternate environment and include the following: lake canoeing, river canoeing, wilderness living skills, climbing, 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.

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 15 hours of games include volleyball, basketball, soccer, initiative tasks, and new games and challenges. Examples of the 15 hours of individual activity include walks, bike rides, swimming, skateboarding, etc. (the list is endless!). As long as a student is active throughout the summer, they will not have difficulty achieving the required tracked hours.

*MAS 100 is a prerequisite for the MAS 100MC (Mountain Camp).*

**2023 Dates:**

Edmonton

- 100-1: July 3 - 7
- 100-2: July 10- 14
- 100-3: July 17 - 21
- 100-4: July 24 - 28
- 100-5: Aug 7 – 11

**Fee: \$525.00**

## MAS 100 - MOUNTAIN CAMP

**Prerequisite:** MAS 100 In-City Day Camp

**CTS Credits offered:** WLD 1130 Outdoor Survival Skills; WLD 1100 Outdoor Cooking Theory

This camp builds on 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 may request to utilize a portion of their camp hours to fulfill the required activity hours for Phys. Ed. This will be the student's responsibility to record their hours on their tracker, and have a teacher/guide sign off on these hours.

### 2023 Dates:

- MAS 100MC-1: July 24 – 28
- MAS 100MC-2: August 21 – 25

### Fee: \$765.00

*Fee includes tenting accommodations, meals, instruction/guiding, and group equipment.*

Transportation to and from the camp location may be booked through Progressive Academy or parents may opt to drive their child to and from the camp. Please request details regarding transportation at [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca).

Thank you for your interest in the MAS 100 series of programs!



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