

MAS 101 FULL CAMP SUMMARY

MAS 101 is the foundational course for our Mountain Adventure School (MAS) programs. MAS 101 is ideal for students who have completed Grade 9 (or above) and have not taken or completed Phys. Ed. 10 or CALM, which are mandatory courses 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. MAS 101 also provides credits in two Career and Technology (CTS) courses. These courses create the foundation for a pathway towards employment in the Outdoor Education and Recreation field.

MAS 101 includes 4 credit courses:

- Phys. Ed 10 (5 credits, in person with small pre-course online package)
- WLD 1100 (1 credit, in person)
- WLD 1130 (1 credit, in person)
- CALM 20 (3 credits, online)

HIGHLIGHTS OF THE PROGRAM

MAS 101 offers:

- Paddle Canada Canoe Basics Clinic (lake canoeing skills)
- Paddle Canada Introduction to Moving Water clinic (river canoeing skills)
- Paddle Canada Intro to Camping Basics (skills clinic)
- Introduction to Top Roped Rock Climbing
- Ridge top and interpretive hiking
- Introduction to Trail Biking
- Orienteering Basics skills
- Introduction to Gymnastics (at a local gymnastics gym)
- Dance (line dance and introduction to Cha-cha!)
- A variety of games and individual fitness activities
- And.... a Three Day River Trip!

The credits achieved through MAS 101 are described in detail below.

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.

Physical Education 10 (5 credits)

Phys. Ed. 10 is required to graduate with your high school diploma. This is a 5-credit course and is approximately 125 hours of learning and activity. The course consists of 7 Modules. Module 1 and 7 will be completed online, as a small pre-course package. The remaining 5 Modules will be completed entirely at camp. Students will learn and have fun as they explore games, individual fitness activities, gymnastics, dance, and activities in an alternate environment. Activities include lake and river canoeing, top roped climbing, trail biking, river rafting, wilderness living skills and orienteering. All activities will be led by certified and qualified guides and instructors in each of the disciplines outlined. An Alberta Education certified teacher will be at the helm of the entire program.

WLD 1100 Outdoor Cooking Theory (1 credit)

This is a theoretical course outlining safe practices for outdoor cooking and is a foundational course in the Wildlife cluster (CTS). This course is a prerequisite for MAS 201.

WLD 1130 SURVIVAL SKILLS (1 credit)

This is a practical course that introduces safe travel and living in the outdoors. The focus is on understanding risk and risk avoidance, caring for self and other in the wilderness and introducing skill for travel in the backcountry. This course creates the foundation for safe enjoyment of the outdoors and creates the pathway to future MAS programs.

MAS 101 will culminate with a 3-day river trip where students can apply knowledge and skills they have learned. MAS 101 is a very fun way to gain high school credits and to ease the transition for students from Junior to Senior High!

2023 Dates:

MAS 101-1: July 4- 16

MAS 101-2: July 18- 30

MAS 101-3: August 5 - 17

MAS 101 Full Camp Fee: \$1,775.00 (due upon acceptance of registration)

Includes: Instruction/teacher fees, guiding, meals, accommodations, group equipment, transportation while the students are at camp. The fee does not include transportation to and from the camp location. Transportation may be booked by contacting mas@progressiveacademy.ca. Details regarding transportation options will be provided upon completion of registration.

Thank you for your interest in our programs.

The MAS Team



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