



MAS 201

Full Mountain Camp

MAS 201 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 Phys. Ed. 20/30 and select Career and Technology Studies (CTS) courses. MAS 201 provides skills and certifications that are valuable to those looking for future summer work in an outdoor environment.

MAS 201 combines online coursework with in-person learning. The MAS 201 camp is 14 days long and is based out of the HeLa Ventures field school. MAS 201 is for students who have completed MAS 100 or MAS 101. Completing the MAS 201 will provide a pathway to MAS 301 for next summer.

Please note: For those who have not taken MAS 100/101, we have designed MAS 202 that allows students to slip into the MAS stream in Grade 11. For further details please view the MAS 202 program package on our website.

MAS 201 PROGRAM HIGHLIGHTS

MAS 201 offers:

- Paddle Canada Lake Skills certificate*
- Paddle Canada Moving Water skills clinic
- Paddle Canada Wilderness Camping skills clinic
- Lifesaving Society Standard First Aid with CPR and AED*
- Top Roped Climbing skills clinic
- Trail biking and bike maintenance
- Ridge top and interpretive hiking
- Outdoor leadership and trip planning skills
- Dance (Line Dance and intro to Jive)
- Gymnastics (skills based clinic at a gymnastics facility)
- Orienteering skills clinic
- And.... A three day river trip!

*Certificate programs

MAS 201 - Credits

Pre-requisite: 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)
- WLD 1910 (1 credit, Paddle Canada Intro Skills Lake Skills)*
- HSS 1080 (1 credit, Leadership Foundations 1, online)
- WLD 2910 (1 credit, Safety Systems for Top Rope Climbing)

*Certification or certificate based program recognized nationally.

Phys. Ed. 20/30

Phys. Ed. 20/30 are required courses for some post-secondary institutions/faculties as a prerequisite to study. The course is 5 credits and consists of approximately 125 hours of learning, divided into 7 Modules. For MAS 201, Modules 1 and 7 will be completed by students online as a pre-course package. The remainder of the course (Modules 2 – 6) will be completed entirely in person at camp.

HCS 2020: Standard First Aid

HCS 2020 provides a Lifesaving Society Standard First Aid with COPR and AED certification that is recognized nationally. During MAS 201, students will obtain the certification, and apply knowledge and skills from this course as they move through the remainder of the MAS curriculum. Students will utilize these concepts as they analyze risk and risk reduction in outdoor activities. Standard First Aid is a required certification for many employment positions.

WLD 1910: Paddle Canada Lake Skills

WLD 1910 is a project based CTS credit that connects WLD 1130 with HSS 1080, to provide leadership in an outdoor skill. The Paddle Canada Intro Skills Lake is a prerequisite to a Paddle Canada Instructor course that students will have the opportunity to take in MAS 301.

WLD 2130: Outdoor Excursions

Students will build on skills achieved in WLD 1130 (MAS 101) to plan and implement an outdoor excursion. Students will participate in the theoretical foundation to program planning and will plan their river trip!

HSS 1080: Leadership Foundations 1

HSS 1080 is a foundational leadership course that highlights various forms of leadership and leadership skills. Students will utilize concepts from this course as they plan their own river trip and observe their leaders in action. Many courses beyond MAS 201 require HSS 1080 as a prerequisite.

WLD 2910: Intermediate project: Top Rope Site Management Clinic

WLD 2910 builds on concepts from Leadership and introductory survival skills to achieve knowledge and skill in setting up and managing a top rope site for groups. Students will have the opportunity to set up a climb, belay, and manage a rappel, all under close supervision and training.

The program will culminate with a 3-day river trip in which students actively take a leadership and follower role. Students will begin to explore their own potential as leaders and learn fundamental skills for their own and others' well-being in the outdoors.

Dates: July 31 – August 13, 2023

Note: Optional dates may be available. Please contact mas@progressiveacademy.ca if these dates do not work for you.

Fee: \$1,915.00

Fees include: Teachers/Guides/Instructors, certification fees, meals, accommodations, group equipment, and transportation while at camp. Fee does NOT include transportation to and from camp. Please contact mas@progressiveacademy.ca to request information regarding transportation.

Thank you for your continued interest in our programs. We look forward to learning with you again in Summer 2023!

The MAS Team



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