



MAS 202

Full Mountain Camp

MAS 202 is a program for high school students who have not completed MAS 100/101. 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 202 provides skills and certifications that are valuable to those looking for future summer work in an outdoor environment.

MAS 202 combines online coursework with in-person learning. The MAS 202 camp is 14 days and is based out of the HeLa Ventures field school. Completing MAS 202 will provide a pathway to MAS 301 for next summer.

Please note: For those who have taken MAS 100/101, please refer to the MAS 201 package on our website.

MAS 202 PROGRAM HIGHLIGHTS

MAS 202 offers:

- Paddle Canada Canoe Basics skills
- Paddle Canada Moving Water skills clinic
- Paddle Canada Camping Basics 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 survival 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!

*Certification program

MAS 202 - 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 1130 (1 credit, Outdoor Survival)
- WLD 1910 (1 credit, Paddle Canada Canoe Basics Skills)
- HSS 1080 (1 credit, Leadership Foundations 1, online)
- WLD 2910 (1 credit, Safety Systems for Top Rope Climbing)

*Certification 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 202, 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 CPR and AED certification that is recognized nationally. During MAS 202, 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 students will have the opportunity to take in MAS 301.

WLD 1130: Outdoor Survival Skills

Students will become immersed in living outdoors and develop knowledge and skills for safe travel and living in a wilderness environment.

HSS 1080: Leadership Foundations 1

HSS 1080 is a foundational leadership course completed online 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 202 require HSS 1080 as a prerequisite.

WLD 2910: Intermediate project: Top Rope Site Management clinic

WLD 2910 builds on concepts from Leadership Foundations 1 and Outdoor 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 interest in joining Mountain Adventure School!

The MAS Team



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