



## MAS 301 COURSE SUMMARY

MAS 301 has been designed to provide a well-rounded outdoor educational experience that utilizes the outdoors as a medium to complete components of Phys. Ed. 30 and select Career and Technology Studies (CTS) courses. MAS 301 also provides foundational skills and knowledge to create a pathway to employment in the outdoors field.

MAS 301 is offered as a 14-day camp with a small online component as a pre-course package. Students will receive 1 Paddle Canada Instructor certification, and 1 Paddle Canada Skills certificate that will move them further along the pathway towards becoming an Outdoor Leader.

### MAS 301 HIGHLIGHTS

MAS 301 offers:

- Paddle Canada Camping Basics Certificate\*
- Paddle Canada Waterfront Instructor Certification\*
- Wilderness Response to a First Aid incident
- Experience with Outdoor Leadership
- Increased skills in manoeuvres and rescues on a Class II river
- A day trip a beautiful mountain river
- Rock climbing in a new and exciting area
- Bike maintenance and backcountry trail biking
- Increased wilderness living and survival skills
- And... a 4-day, 3-night out trip in the heart of the David Thompson Country!

All activities are offered in a new location and offer an increase in skill level from MAS 201/202!

### Overview of the Credits

- Phys. Ed. 30 (5 credits, online and in-person component)\*
- WLD 2130 (Outdoor Excursions, or 3130 Outdoor Leadership)
- WLD 2920 (Paddle Canada Camping Basics Skills)
- WLD 2950 (Paddle Canada Waterfront Instructor)
- HSS 2080 (Leadership Foundations 2, online and in person)
- HCS 2910 (Wilderness Response to First Aid)

\*If you have already completed Phys. Ed. 30, a customized program may be designed. Please contact [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca) for information.

### **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.

### **HSS 2080: Leadership Foundations 2**

Leadership Foundations 2 is the second level course in the Leadership cluster and is required as a co-requisite for several of the CTS courses offered during the program. The course explores both personal and group leadership styles, and provides opportunity for students to experience leadership as a leader and a follower. The course contains an online component as well as an in person practical component. Details regarding due dates and projects will be supplied upon registration.

### **WLD 2130 (Outdoor Excursions) or WLD 3130 (Outdoor Leadership)**

Students will build on skills achieved in WLD 2130 (MAS 201) or WLD 1130 (MAS 202) to plan and implement an outdoor excursion. Those in WLD 3120 will explore and practice outdoor leadership by planning and implementing the excursions of this program.

### **WLD 2920: Paddle Canada Camping Basics Skills**

This project based credit follows a nationally recognized curriculum in the delivery of skills that are the prerequisite to an instructor certification. The program highlights skills required to safely plan and participate in a front country camping experience.

### **WLD 2950: Paddle Canada Waterfront Instructor**

Students have the opportunity to achieve a nationally recognized Instructor Certification that allows them to teach novice groups canoeing skills on a small lake or pond. This is the industry based standard certification for camp and community youth leader positions within the outdoor field.

### **HCS 2910: Wilderness Response to First Aid**

Combining skills from HCS 2020 (Standard First Aid) and WLD 1130 (Outdoor Survival), student will participate in a scenario that requires practical application of both first aid and outdoor survival skills. Students will demonstrate competency in dealing with an incident in a wilderness environment.

**Prerequisites:** MAS 201/202 and Standard First Aid Certificate

**Dates:** August 12 – 25, 2023

**Fee: \$2,060.00**

Fees include: Teacher/guide/instructor fees, meals, accommodations, group equipment, transportation while at camp, certification fees. Fees do NOT include transportation to and from camp. Please contact [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca) for further information on transportation.

Thank you for your continued support and interest in the Mountain Adventure School!

The MAS Team



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