



# MAS 101

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 the mandatory CALM or Phys. Ed. 10 high school courses. 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.

Students will have the opportunity to experience school through a variety of activities including (but not limited to):

- lake canoeing
- river canoeing
- hiking
- rock climbing
- trail biking
- orienteering
- wilderness living skills/bushcraft,
- camping
- gymnastics
- dance
- various games.

\*all activities are subject to change due to environmental/safety concerns

## CREDITS

CALM 20 (3 credits, online)

Phys. Ed 10 (5 credits, in person with a small pre-course online component)

WLD 1100 (1 credit, in person)

WLD 1130 (1 credit, in person)

All courses have support from Alberta Education certified teachers, either in-person or online. Deadlines for online material are provided.

### **CALM 20 (delivered online)**

This course is required for high school graduation. CALM is designed to improve students' theoretical understanding of health and wellness, and to enhance a student's ability to apply knowledge and skills to personal situations. The course is divided into 4 units: Personal Choices; Resource Choices; Career and Life Choices; and Human Sexuality (option to opt out of human sexuality under special circumstances).

Concepts from CALM will be explored and utilized interactively at camp.

### **Physical Education 10**

Phys. Ed. 10 is a required course for high school students. Students will explore games, individual fitness activities, gymnastics, dance, and activities in an alternate environment. A small online theory component is required as pre-course work and must be completed prior to departing for camp.

# MAS 101 CREDITS CONTINUED

## **WLD 1100 - Outdoor Cooking Theory**

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**

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

# 2024 INFORMATION

## **2024 Dates:**

MAS 101-1: July 2 - 14

MAS 101-2: July 15 - 28

MAS 101-3: August 6 - 18

**Fee:** \$1825.00 (due upon acceptance of registration)

**Includes:** Instruction/teacher fees, guiding, meals, accommodations, group equipment, and 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](mailto:mas@progressiveacademy.ca). Details regarding transportation options will be provided upon completion of registration.

**Registration will open on January 8th, 2024.**

**Thank you for your interest in our programs!**