



# MAS 301

MAS 301 has been designed to provide a well-rounded outdoor educational experience to complete Phys. Ed. 20/30 and select Career and Technology Studies (CTS) courses. The program also provides foundational skills and knowledge to create a pathway to employment in the outdoor field.

MAS 301 is offered as a 14-day camp with a small online component as a pre-course package. Students will participate in a variety of activities including (but not limited to):

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

The program will culminate in a three day river trip on the Upper North Saskatchewan River, which students will organize themselves. This year, all activities are offered in a new location and offer an increase in skill level from MAS 201/202!

The main focus of coursework will be outdoor leadership, allowing students to apply what they have learned in previous years while learning to lead. Students will receive a Paddle Canada skills certificate and a Paddle Canada instructor certification that will move them further along the pathway towards becoming an Outdoor Leader.

## 301 CREDITS

Phys. Ed. 30 (5 credits, online and in-person component)\*  
WLD 2130/3130 (Outdoor Excursions/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 (Emergency Response in a Wilderness Context)

\*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.

### Description of courses for MAS 301:

#### 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 7 Modules. For MAS 301, 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 at camp.

# MAS 301 CREDITS CONTINUED

## **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 CTS courses offered during the program.

The course explores both personal and group leadership styles, and gives students opportunities to lead their peers. The course contains an online component as well as an in-person 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. We will explore what it means to be a leader, including the required considerations when facilitating outdoor adventures for yourself and others.

## **WLD 3910: 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 which 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: Emergency Response in a Wilderness Context**

Combining skills from HCS 2020 (Standard First Aid) and WLD 1130 (Outdoor Survival), students will participate in a scenario that requires practical application of both skill sets. Students will organize their team to assess, provide care, and evacuate “patients” in a wilderness setting.

# 2024 INFORMATION

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

**Dates:** August 12 – 25, 2024

**Fee:** \$ 2,110.00 (A deposit upon acceptance is required, but full payment is not due until March 31st. Payment plans are also available.)

**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.

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

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