



Mountain Adventure School (MAS)

Summer School Programs

Imagine spending two weeks at a summer camp, gaining skills in a variety of outdoor pursuit activities and achieving high school credits! Mountain Adventure School provides just this opportunity. MAS offers a variety of programs for students entering Grades 10 – 12 that will provide training and experience in outdoor leadership, and foundational skills and certifications for guiding in the adventure education field. Students are also given opportunities to explore, live and play in the natural environment, encouraging a personal understanding of the importance of our environment and societal need for stewardship. Based on an experiential education model, professional teachers and guides facilitate hands-on learning in a setting that is positive, supportive and fun.

During the summer students may enroll in one or more of the programs offered. The courses outlined below have been designed to be flexible and provide credits for the courses that students require. Options for students who have obtained credits in MAS during previous years are available as well as options for students who are new to MAS.

Due to the condensed length of these courses, the learning environment is fast paced and students are required to have strong reading and writing skills. Because it is an intense program, it is not recommended for students with a history of severe anxiety, depression or learning disabilities.

FOUNDATIONAL COURSES

MAS 101 – Foundation to Mountain Adventure School

Prerequisites: None
Dates: Session 1 - July 1 to 14, 2017
Session 3 - August 1 to 14, 2017
Session 4 - August 18 to 31, 2017
Cost: \$1275

Course Content: (11 credits)

1. CALM – 3 credits
2. Phys. Ed. 10 – 5 credits
3. Forests and Society (FOR 1010) – 1 credit
4. Outdoor Cooking Theory (WLD 1100) – 1 credit
5. Outdoor Survival Skills (WLD 1130) – 1 credit

MAS 101 is the foundational course for our Mountain Adventure School (MAS) programs. It is ideal for students who have not taken or completed CALM or Phys. Ed. 10, which are mandatory courses required to graduate from high school. Through a combination of outdoor pursuit activities and classroom sessions, students will experientially meet curriculum objectives for these two courses plus 3 CTS modules (total of 11 credits).

Course Description: Living and learning in a camp setting, students will be introduced to whitewater canoeing, hiking, mountain biking, rock climbing and rappelling, wilderness living skills and more! Intermixed with these adventure activities will be classroom theory sessions, and amazing opportunities for both personal growth and group skills development. During the final week, the skills achieved throughout Week I will be put into practice with our culminating three-day river trip. Concepts of environmental awareness and stewardship will be emphasized throughout the program.

There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with the course work will be available in advance.

MAS 100 – Mountain Adventure School Starter

Prerequisites: None
Dates: Session 2 - July 22 to 31, 2017
Cost: \$975

Course Content: (9 credits)

1. Phys. Ed. 10 – 5 credits
2. CALM – 3 credits
3. Outdoor Survival Skills (WLD 1130) – 1 credit

MAS 100 is a sampler course for our Mountain Adventure School (MAS) programs. It is ideal for students who have not taken or completed CALM or Phys. Ed. 10, which are mandatory courses required to graduate from high school. Through a combination of outdoor pursuit activities and classroom sessions, students will experientially meet curriculum objectives for these two courses plus 1 CTS module (total of 9 credits).

Course Description: Living and learning in a camp setting, students will be introduced to whitewater canoeing, hiking, mountain biking, rock climbing and rappelling, wilderness living skills and more! Intermixed with these adventure activities will be classroom theory sessions, and amazing opportunities for both personal growth and group development. Concepts of environmental awareness and stewardship will be emphasized throughout the program.

There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance.

OUTDOOR PURSUIT SERIES - The following courses are designed for students interested in gaining leadership skills in outdoor pursuits, or are interested in guiding as a future career.

MAS 201: Introduction to Outdoor Leadership

Prerequisites: MAS 100 or 101
Dates: Session 3 - August 1 to 14, 2017 or
Session 4 - August 18 to 31, 2017
Cost: \$1365

Course Content: (11 credits):

1. Phys. Ed. 20/ 30 (5 credits)
2. HCS 1080 Leadership Foundations 1 (1 credit)
3. HCS 2020 Standard First Aid/CPR/AED (1 credit)
4. HSS 1100 Nature and Wellness (1 credit)
5. WLD 1910 Project A - Paddle Canada Skills Intro Lake Skills Tandem and Solo (1 credit)
6. WLD 2910 Project B – Safety systems for top-roped climbing or real rock (1 credit)
7. WLD 2130 Outdoor Excursions (1 credit)

Course Description: MAS 201 has been designed for students who have taken MAS 101 and are keen on continuing to advance their skills and knowledge in outdoor activities. This program will focus on leadership skills, wilderness first aid, and the foundational prerequisites to continue the path toward achieving required certifications to become an outdoor guide.

This program provides students with Standard First Aid with a wilderness response aspect. For those who have taken HCS 2020, a substitution may be made with REC 1920 (Project A) where students will link HCS 2020 and WLD 2130 in a project pertaining to emergency response in the wilderness. Students in this route will create a special project regarding an aspect of first aid in a wilderness context (ie. develop an evacuation plan for the river trip in case of an injury).

There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance.

MAS 202: Introduction to Outdoor Leadership with Foundations

(For students who are new to MAS but already have credits for CALM)

Prerequisites: None
Dates: Session 3 - August 1 to 14, 2017 or
Session 4 - August 18 to 31, 2017
Cost: \$1365

Course Content: (11 credits):

1. Phys. Ed. 20/30 (5 credits)
2. Standard First Aid/CPR/AED (HCS 2020) – 1 credit (includes certification)
3. Leadership Foundations 1 (HSS 1080) – 1 credit
4. Nature and Wellness (HSS 1100) – 1 credit
5. Project A – Safety systems for top-roped climbing on real rock (WLD 1910) – 1 credit
6. Outdoor Survival Skills (WLD 1130) – 1 credit
7. Outdoor Excursions (WLD 2130) – 1 credit

Course Description: This course is available for students who have achieved credits for CALM but have not taken MAS 101 or MAS 100. The focus of MAS 202 is leadership and builds on the skills and knowledge to live actively in the outdoors. Students will also receive valuable certifications that are fundamental to an outdoor guiding career. The course involves planning and participating in a multi-day river trip.

There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance.

MAS 301 – Introduction to Outdoor Guiding

Prerequisites: MAS 201 or 202
Dates: Session 4 - August 18 to 31, 2017
Cost: \$1650

Students who have graduated high school are still eligible for this program. Contact us for details.

Course Content: (10 credits):

1. WLD 3130 Outdoor Leadership (1 credit)
2. HCS 2910 - Project B Wilderness Response to Safety – develop an emergency response plan for one of the outings – understand the standard of care (1 credit)
3. WLD 3920 - Project E Intro to Paddle Canada Moving Water Instructors (1 credit)
4. WLD 3910 - Project C Intro to Paddle Canada Moving Water Skills Tandem (1 credit)
5. WLD 2100 - Outdoor Cooking Practice (1 credit)
6. WLD 3140 - Intro to Guiding (1 credit)
7. WLD 2950 or 3950 - Advanced Practicum Paddle Canada Waterfront Instructor Certification (1 credit)
8. HSS 2910 - Project B Leadership in Moving Water Canoeing (1 credit)
9. HSS 2080 - Leadership Fundamentals 2 (1 credit)
10. FOR 1100 – Forest Use and Protection (1 credit)

This program will build on the skills gained in the previous years to provide canoeing certifications through Paddle Canada, leadership skills and emergency response training. Successful graduates from this program will have achieved the qualifications required to gain employment as an Outdoor Leader in Alberta camps.

There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance.

MAS 350 – Excursions (Churchill River – Northern Saskatchewan)

Prerequisites: MAS 201 or 202
Dates: Session 2 - July 18 to 29, 2017
Cost: \$2095

Students that have graduated high school are still eligible for this program. Contact us for details.

Course Content: (10 credits):

1. WLD 1080 – Angling and Fish Management Theory (1 credit)
2. WLD 1060 – Wilderness Navigation (1 credit)
3. WLD 2920 – Project C - Intro to River Rescue (1 credit)
4. WLD 2950 – Practicum Paddle Canada River Tripping Skills (1 credit)
5. TOU 1010 – The Tourism Sector (1 credit)
6. TOU 1120 – Adventure and Eco tourism (1 credit)
7. FOD 1910 – Special Project A - Food Management for Extended Wilderness Travel (1 credit)
8. ENS 1010 – Stewardship (1 credit)
9. ENS 1910 – Project A - Stewardship in Recreation (1 credit)
10. ENS 1030 – Consumerism (1 credit)

MAS Excursions is the pinnacle of Adventure Education for High School students! It is the culmination of many hours of hard work put in by students who have completed the MAS programs. The skills learned in previous years will be put to the challenge in a major river expedition, planned and prepped by the students enrolled, in partnership with the guides and teachers.

The expedition involves travelling to northern Saskatchewan, where we will board a float plane to fly upriver on the Churchill. The Churchill River is a Canadian heritage river, dubbed the “fur traders highway” and was the main thoroughfare of the early explorers and trappers that opened up and mapped Canada’s interior. Long forgotten, this river provides history, warm water for great swimming, whitewater and world class wilderness camping and fishing. This eight day river trip will leave students with a lifetime of memories!

Students who wish to enroll in this program must complete an interview with a MAS teacher. There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance. Contact mas@progressiveacademy.ca for further instructions.

MAS 401 – Wilderness Advanced First Aid with Work Experience

Prerequisites: MAS 301 (or by application)

Dates: July 1 to 5, 2017

Cost: \$1125.00*

Course Content: (6 credits)

1. HSS1010: Health Services Foundations (1 credit)
2. HCS3000: Workplace safety systems (1 credit)
3. HCS3020: First Responder 1 (1 credit)
4. Work Experience: (3 credits)

*For MAS graduates, a subsidy is available. Please contact mas@progressiveacademy.ca for further information.

The final course in the outdoor pursuit series provides participants with an Advanced Wilderness First Aid certification. This 40-hour course is the minimum standard for outdoor instructors or guides working outside an urban context.

The main focus of this advanced wilderness first aid course is the prolonged care and stabilization of patients until a rescue team or additional resources can arrive to assist in evacuation to a medical facility. Students may combine this course with a work experience option.

INDIVIDUALIZED WORK EXPERIENCE PROGRAMS

MAS 230 – Individualized Program

Prerequisites or Co-requisite: MAS 201

Dates: Session 1 - July 1 to 14, 2017
Session 3 - August 1 to 14, 2017
Session 4 - August 18 to 31, 2017

Cost: \$885

Possible Course Content - the number of credits achieved will be dependent on the individualized program plan.

Program Example:

1. Phys. Ed. 20 or 30 (3 credits)
2. HCS 3000 (1 credit – required to do Work Experience)
3. Work Experience (3 credits)

This program is for students who require an individually designed program. Registration will be based on an interview with MAS teachers in order to design a program specifically to meet students' individual needs. MAS 230 or 330 may be taken in the same year as the courses above to provide valuable work experience. Please contact Progressive Academy for details.

There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance.

MAS 330 – Individualized Program

Prerequisites: MAS 201 or 202

Dates: Session 1 - July 1 to 14, 2017
Session 3 - August 1 to 14, 2017
Session 4 - August 18 to 31, 2017

Cost: \$885

Possible Course Content (the number of credits achieved will be dependent on the individualized program plan)

Program Example

1. Phys. Ed. 20 or 30 (3 credits)
2. HCS 3000 (1 credit – required to do Work Experience)
3. Work Experience (3 credits)

This program is for students who require an individually designed program. Registration in this program will be based on an interview with MAS teachers in order to design a program specifically to meet students' individual needs. MAS 230 or 330 may be taken in the same year as the courses above to provide valuable work experience. Please contact Progressive Academy for details. There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance.

PHOTOGRAPHY AND VIDEOGRAPHY SERIES

This program is designed for students with an interest in photography and videography. Students will continue to develop their outdoor skills while documenting the experiences of a Mountain Adventure School session in digital form.

MAS 299 – From Lens to Final Cut

Prerequisites: MAS 101
Dates: Session 1 - July 1 to 14, 2017
Session 3 - August 1 to 14, 2017
Session 4 - August 18 to 31, 2017

Cost: \$885

Course Content: (11 credits)

1. COM 1005: Visual Composition (1 credit)
2. COM 1025: Typography (1 credit)
3. COM 1205: Photography – Introduction (1 credit)
4. COM 1145: Animation (1 credit)
5. COM 1215: Photography – Exposure (1 credit)
6. COM 2205: Photography – Composition (1 credit)
7. COM 2245: Photography – Outdoor (1 credit)
8. COM 1105: Audio/Video (1 credit)
9. COM 2105: AV Preproduction (1 credit)
10. COM 2115: AV Production (1 credit)
11. COM 2125: AV Postproduction (1 credit)

Earning eleven high school credits, students with an interest in digital media will combine their past experience with MAS programs. The goals will be to create a MAS yearbook and year-end video. Each day the students will get the chance to debrief and edit their photos and videos with a Mountain Adventure School teacher. The final product will be created with guidance from a MAS teacher. Please contact mas@progressiveacademy.ca for details. There is some pre-course work that must be completed prior to the beginning of the course. Access to instruction and assistance with course work will be available in advance.