



Wilderness Travel Theory – MAST 122

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE:	January 2003
OUTLINE EFFECTIVE DATE:	September 2020
COURSE OUTLINE REVIEW DATE:	March 2025

GENERAL COURSE DESCRIPTION:

This course reviews aspects of wilderness travel such as clothing and equipment, navigation, environmental concerns and group travel techniques. Students will learn to identify declination and magnetic north, take a bearing from a map, set a compass from a map and follow a compass bearing. Students will gain a thorough knowledge of topographical maps and the military grid system and will utilize new learning in trip planning exercises.

This course introduces the student to the concepts of summer and winter emergency survival in wilderness settings. Topics such as fire building, shelter building, and the psychology of stress are discussed. Overnight survival exercises complete the course.

Program Information: This course forms the basis for all further field trips and sets standards for environmental practices, group travel procedures, wilderness risk management and navigation basics. This course is required for the completion of Mountain Adventure Skills Training Certificate.

Delivery: This course is delivered face-to-face.

COTR Credits: 3

Hours for this course: 64 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	40
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	24
Other Contact Hours	
Total	64

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	
Formal Work Experience	
Other: Field Experience	24
Total	24

Course Outline Author or Contact:

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Signature**APPROVAL SIGNATURES:**

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Department Head Signature_____
Dean Signature

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Valid from: September 2020 – March 2025

Education Council Approval Date**COURSE PREREQUISITES AND TRANSFER CREDIT:****Prerequisites:** None**Corequisites:** None**Flexible Assessment (FA):** All MAST students must participate in this activity.

Credit can be awarded for this course through FA

☐ Yes☒ No**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: SERS 116 Wilderness Travel 1**New Course Number:** MAST 122 Wilderness Travel Theory**Date changed:** March 2009

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Mountaineering: Freedom of the Hills; 8th ed, The Mountaineers, 2010.

Please see the instructor's syllabus or check COTR's online text calculator

<http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to

- describe prevention techniques such as route plans and pre trip planning;
 - demonstrate how to build a fire with minimal supplies;
 - explain the body's physiological food and water requirements;
 - describe a lost person's priorities and behaviours;
 - demonstrate a knowledge of several different emergency shelter types;
 - describe the contents of a basic emergency kit;
 - explain the concepts of group search and rescue;
 - describe how to mentally prepare for survival;
 - build a suitable shelter in an emergency situation;
 - discuss the human psychology of emergency situations;
 - plan a multi-day wilderness trek for a small group;
 - identify and practice safe travel procedures in all aspects of wilderness travel;
 - practice minimum impact camping;
 - demonstrate how to use basic camping equipment like stoves, tents, tarps, packs, blister care;
 - navigate in mountainous terrain using map and compass, and altimeters;
 - interpret contour lines and other map symbols;
 - locate positions using the military grid system;
 - identify the parts of a compass and understand declination and magnetic north; and
 - take and set bearings from a map and from a compass.
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COURSE TOPICS:

- Map, Compass and Navigation
- Clothing and equipment for mountain travel – stoves, tents, tarps, blister care, clothing
- Map Interpretation, Contour Lines, the 3 Norths
- Wilderness Food Preparation, menu planning for larger groups
- Wilderness Survival, fires, shelters, personal limits and abilities

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

Assignments	% Of Total Grade
Attendance	10%
Map interpretation test, navigation exercises	15%
Chapter Quizzes – Mountaineering, Freedom of the Hills	15%
Students will be evaluated for navigation skill acquisition, and comprehension in the field	10%
Fall survival exercise	15%
Winter survival exercise	15%
Menu Planning Exercise	<u>20%</u>
Total	100%

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment, and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.