



Hiking 1 – MAST 141

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2003
OUTLINE EFFECTIVE DATE: September 2022
COURSE OUTLINE REVIEW DATE: March 2027

GENERAL COURSE DESCRIPTION:

This course involves a five day hike through local alpine mountainous terrain where students learn basic camp skills, environmental concerns, group travel considerations, safety and route planning, navigation, food and menu preparation. Classroom and field preparation days lead to a five day mountain expedition.

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

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

COTR Credits: 2

Hours for this course: 74 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	18
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	56
Other Contact Hours	
Total	74

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other: Field Experience	56
Total	56

Course Outline Author or Contact:

Sarah Osberg, BEd, MSc.

Signature

APPROVAL SIGNATURES:

Department Head
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Department Head Signature

Dean Signature

EDCO

Valid from: September 2022 – March 2027

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: MASD 113 Wilderness Travel 1

New Course Number: MAST 141 Hiking 1

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

- plan a multi-day wilderness trek for a small group;
 - identify hazards and practice safe travel skills in all aspects of wilderness travel;
 - practice proper group travel procedures;
 - implement minimum impact camping skills;
 - navigate in mountainous terrain using map and compass, and altimeters; and
 - practice group management skills while on the trails.
 - Communicate effectively in leadership positions recognizing individual and group needs.
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COURSE TOPICS:

- Menu planning
- First aid kits
- Route planning
- Emergency planning
- Group and personal equipment
- Mountain Hazards, group travel
- Communication techniques
- No trace camping skills, environmental awareness
- Group issues, dynamics, peer pressure, cohesiveness
- Map and compass skills, navigation and route finding
- Log book development and recording skills

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
Knowledge and use of equipment and clothing	15%
Leadership: communication, initiative, teamwork	20%
Log book –organization – completeness	15%
Environmental awareness: 'No Trace' skills	10%
Travel skills: efficiency, pacing, organization	20%
Route finding, map/compass	<u>20%</u>
Total	100%

Please see the instructor's 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:

COM	Completed to defined standard 70%
NCG	No Credit Granted

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.