



Mountaineering 1 – MAST 142

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 introduces students to basic glacier travel. Students develop skills in group management, roped travel, crevasse rescue, glaciology, winter camping skills, snow and ice anchors.

Program Information: This course is a required prerequisite for MAST 162 and forms the basis for ski mountaineering courses and is required for the completion of the MAST certificate.

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

COTR Credits: 2

Hours for this course: 62 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	12
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	50
Other Contact Hours	
Total	62

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other: Field Experience	50
Total	50

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 114 Mountaineering Expedition 1

New Course Number: MAST 142 Mountaineering 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

- demonstrate introductory knowledge of general mountaineering;
 - demonstrate use of and care for mountaineering equipment;
 - recognize mountain hazards and manage risk effectively;
 - demonstrate self and team arrest as well as belay techniques;
 - identify major features of a glacier, appropriate safe routes of ascent and descent;
 - demonstrate a familiarity with roped travel on dry glaciers and seasonally permitting snow-covered glaciers; and
 - demonstrate crevasse extraction techniques.
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COURSE TOPICS:

- Use of ice axes, crampons, carabiners, ropes, and other cold weather alpine equipment
- Care and maintenance of mountaineering equipment
- Clothing and equipment for general mountaineering multi-day alpine expeditions.
- Self-arrest technique on a snow slope seasonally permitting
- Belay techniques relevant to general mountaineering
- Features of a glacier such as accumulation and ablation zones, firn line, types of crevasses, seracs, moraines and burgshrunds
- Mountain hazards and avalanche prone terrain
- Rope spacing, tightness and management in roped travel on glacier
- Tying in to rope, knots and rope management
- Probing techniques when leading a group on the glacier
- Anchor placements in snow and ice
- Rope hauling systems for aiding in the rescue of a victim from a crevasse
- Rescue scenario protocols
- Pacing, step chopping (if necessary), plunge and rest steps, glissade technique where appropriate

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
Attended planning sessions	10%
Equipment: knowledge and use of harness, helmet, belay, axe, knots, rope management	10%
Outdoor skills: cooking nutritious food, , hygiene, water care, No Trace Camping Ethics, map and compass, route finding	30%
Safety and Judgment, hazard awareness	10%
Leadership: communication, initiative, takes responsibility for learning	20%
Expedition behaviour: teamwork, attitude, motivation self - others	10%
Log Book - organization, completion	<u>10%</u>
Total	100%

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.