



Ski Tour 2 – MAST 162

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 is an advanced Ski Mountaineering course in which students advance their ski touring skills in larger mountainous terrain. Students spend five days practicing route finding and navigation skills, winter camping skills, assessing avalanche terrain and skiing through glaciated terrain.

Program Information: This course is an elective 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	50
Total	50

Course Outline Author or Contact:

Sarah Osberg,, BEd, MSc.

Signature

APPROVAL SIGNATURES:

Department Head
Erin Aasland Hall
E-mail: aaslandhall@cotr.bc.ca

Dean of Business and University Studies
Darrell Bethune
E-mail: bethune@cotr.bc.ca

Department Head Signature

Dean Signature

EDCO

Valid from: September 2022 – March 2027

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: MAST 143 and MAST 156

Corequisites: None

Flexible Assessment (FA):

Credit can be awarded for this course through FA Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

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 216 ⇔⇔ MAST 162
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 and understand ski touring and mountaineering equipment;
 - identify, understand and avoid avalanche terrain;
 - identify the safest ascent and descent for a particular ski tour;
 - organize and participate in self-rescue avalanche scenarios, and
 - efficiently utilize all ski touring equipment.
 - Winter camp effectively managing self and others' comfort and needs with hydration, food intake, stress, hygiene, warmth and sleep in varied alpine conditions including cold, solar radiation and wind.
 - Utilize digital planning resources and navigation tools during advance planning and while in the field.
 - Navigate effectively in alpine conditions including possibly whiteout conditions.
 - Using available coaching, model leadership and decision making in a complex winter environment.
-

COURSE TOPICS:

- Skis and related ski touring equipment, avalanche beacons
- Clothing and equipment for a multi-day alpine expedition
- First aid and repair kits
- Mountain weather and how it affects avalanche conditions
- The snowpack and how to evaluate it
- Simulated avalanche rescue scenarios
- Analysis of snow stability using several testing methods
- Types of snow avalanches
- Avalanche terrain recognition and assessment
- Mountain hazards other than avalanche such as rock fall and inclement weather
- Safe ascent, break trail and set an up track suitable for all persons in the group
- Safe route finding and procedure for descending
- Negotiating terrain with overnight camping equipment
- Whiteout conditions preparation
- Minimum impact procedures while in the back country

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
Attend Planning Sessions	10%
Terrain evaluation, hazard recognition	10%
Travel skills/capability, efficiency, winter camping skills	20%
Understanding of snow stability, observations	20%
Self-rescue skills, transceiver use	10%
Log book - organization, neatness	10%
Expedition behaviour – teamwork	<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.