

MAS 100 – PHYS ED 10 / IN-CITY DAY CAMP

Credits offered: Physical Education 10 (5 credits, combination of 5-day camp and online coursework)

Phys. Ed. 10 is a graduation requirement for all Alberta high school students. The program consists of 7 modules and includes the following:

Approximately 25 hours of online study (Modules 1 and 7, parts of modules 2, 3, and 4)
15 hours of tracked games (examples are listed below, Module 2)
15 hours of tracked individual fitness activities (examples are listed below, Module 3)
Participation in a 5-day in-city camp (Module 4, 5, and 6)

The In-City Day Camp is the in-person component of the Phys. Ed course. This consists of 5 days where teachers and guides will meet with students to achieve Modules 4 – 6. Activities include the following: lake canoeing, river canoeing, wilderness living skills, climbing, biking, gymnastics, and dance. With the exception of indoor climbing and gymnastics, all activities occur outdoors at city parks.

Modules 2 and 3 include individual activities and games. These modules require a small amount of online work, combined with individual recording of active hours. Examples of the 15 hours of games include volleyball, basketball, soccer, initiative tasks, and new games and challenges. Examples of the 15 hours of individual activity include walks, bike rides, swimming, skateboarding, etc. As long as a student is active throughout the summer, they will not have difficulty achieving the required tracked hours.

MAS 100 provides the foundation and is a prerequisite for the MAS 100MC (Mountain Camp).

2024 Dates:

100-1: July 2 - 6
100-2: July 8 - 12
100-3: July 15 - 19
100-4: July 22 - 26
100-5: Aug 5 - 9

Fee: \$535.00 (payable upon acceptance of registration)

Registration will open on January 8th, 2024.