



MAST-122 – Wilderness Travel Theory

Business

Effective Term & Year: Fall 2022

Course Outline Review Date: 2025-03-01

Program Area: Tourism, Recreation, & Hospitality

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 Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	40
Seminar/Tutorials	

Laboratory/Studio	
Practicum/Field Experience	24
Co-op/Work Experience	
Other	
Total	64

Course Requisites:

None

Flexible Assessment: No**Course Transfer Credit:**

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook 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 <https://textbook.cotr.bc.ca/> 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.

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 Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% 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	20%

Total

100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for MAST 122 may not receive additional credit for ATBO 105.

Prior Course Code: SERS 116 Wilderness Travel 1

New Course Code: MAST 122 Wilderness Travel Theory

Date changed: March 2009

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.