



## MAST-141 – Hiking 1

### Business

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2025-03-01

**Program Area:** Tourism, Recreation, & Hospitality

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

**Credit Type:** College of the Rockies Credits

**Credits:** 2

#### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	18
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	56
Co-op/Work Experience	

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Other

Total	74
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**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

- 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.

### 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 Assessments

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

Assessment Type	% 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	20%
Total	100%

### Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

### 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.

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### **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
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### **Equivalent Course(s) and Course Code Changes**

Equivalent Course: Students who have received COTR credit for MAST 141 may not receive additional credit for ATBO 121.

Prior Course Code: MASD 113 Wilderness Travel 1

New Course Code: MAST 141 Hiking 1

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.