



MAST-142 – Mountaineering 1

Business

Effective Term & Year: Fall 2022

Course Outline Review Date: 2025-03-01

Program Area: Tourism, Recreation, & Hospitality

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 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	12
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	50
Co-op/Work Experience	
Other	
Total	62

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:

- demonstrate knowledge of theoretical aspects of mountaineering, and of mountaineering equipment;
- demonstrate self and team arrest, belay techniques;
- identify major features of a glacier, appropriate safe routes of ascent and descent;
- demonstrate a familiarity with roped travel on dry and snow covered glaciers; and
- demonstrate crevasse extraction techniques.

Course Topics:

- Use of ice axes, crampons, carabiners, ropes, and other cold weather alpine equipment
- Winter camping skills
- Care and maintenance of mountaineering equipment
- Clothing and equipment for a multi day alpine expedition
- Self arrest technique on a snow slope
- Belay techniques including common sticht plate, boot- axe, and sitting hip belay
- Features of a glacier such as firn line, types of crevasses, seracs, moraines and bergshrunds
- 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 Assessments

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

Assessment Type	% 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, campsite selection, 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	10%
Total	100%

Grade Scheme

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Completed to the minimum defined standard	No credit granted – less than minimum defined standard
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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 142 may not receive additional credit for ATBO 242.

Prior Course Code: MASD 114 Mountaineering Expedition 1 >> MAST 142 Mountaineering 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.