



# Forest to Fork Applied Certificate

## PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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### Prior learning credit options at Saskatchewan Polytechnic

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See [Get Credit for What you Know](#) for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

### How to navigate this document

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This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

### Contents of this guide

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This guide contains the following specific PLAR information and tools for this program

- A. [PLAR fees](#)
- B. [PLAR eligibility and options](#)
- C. [Dates when PLAR assessment is available](#)
- D. [Special directions for this program](#)
- E. [PLAR contact person](#)
- F. [Self-rating course outlines](#)

## A. PLAR fees

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Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR webpage](#) for current fee information.

## B. PLAR eligibility and options

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To be eligible for PLAR for courses in this program, you must first apply for admission and be accepted into the program. You must also consult with the [PLAR contact person](#) and be approved for PLAR assessment.

### Course prerequisites and corequisites

Some courses have one or more other courses that must be completed first (prerequisite) or at the same time (corequisite). See [course outlines](#) in this guide to identify any pre- or co-requisites for each course. Discuss with your [PLAR contact person](#) how to deal with courses with corequisites.

### Block assessment

Some programs may assess a cluster of courses together in one block, which may save you time and effort. Ask the [PLAR contact person](#) whether there are any block assessment options in this program.

## C. Dates when PLAR assessment is available

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PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

**All PLAR assessments must be completed by June 15 of each academic year.**

## D. Special directions for this program

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1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for PLAR approval. Be prepared to provide your resume, course self-ratings (see [section F](#)), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. Apply for admission to the program. See [directions](#) for applying.
5. **Register** for PLAR at [Registration/Enrolment Services](#) once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** an assessment plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

## E. PLAR contact person

Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

**Teal Fisher, Program Head**  
Prince Albert Campus  
Phone: 306 – 765 - 1644  
Email: [fishert@saskpolytech.ca](mailto:fishert@saskpolytech.ca)

## F. Self-rating course outlines

Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
<a href="#">EQPT 401</a>	Small Motors	
<a href="#">MAPS 101</a>	Introduction to Mapping and Compassing	
<a href="#">MEAT 101</a>	Meat, Seafood and Poultry Processing (Practical)	
<a href="#">MEAT 102</a>	Meat, Seafood and Poultry Cooking (Theory)	
<a href="#">MEAT 103</a>	Meat, Seafood and Poultry Cooking (Practical)	
<a href="#">MEAT 195</a>	Meat Science	
<a href="#">MEAT 282</a>	Beef Hind Retail Cuts	
<a href="#">MEAT 283</a>	Beef Front Retail Cuts	
<a href="#">SAFE 110</a>	Safety, Sanitation and Tools	
<a href="#">SAFE 111</a>	Firearms Safety	
<a href="#">SFTY 106</a>	Wilderness Survival	
<a href="#">TAXO 101</a>	Edible Plants of the Boreal Forest	
<a href="#">WILD 102</a>	Humane Trapping	

COURSE CODE	COURSE NAME	Delivered by another department/program
<a href="#">WILD 103</a>	Tanning and Beading Hides	

### EQPT 401 - Small Motors

You will be introduced to the operation, maintenance, and troubleshooting of gas engines. The mechanical cutting components and safety features of chainsaws will be demonstrated. You will safely operate a chainsaw in a field setting.

**Credit unit(s):** 1.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
<b>Competent:</b>	I can apply this outcome without direction or supervision.			
<b>Learning:</b>	I am still learning skills and knowledge to apply this outcome.			
<b>None:</b>	I have no knowledge or experience related to this outcome.			
1. Identify common problems with gas engines.				
2. Identify the cutting mechanisms and safety features of a chainsaw.				
3. Operate a chainsaw in a safe manner.				

## MAPS 101 - Introduction to Mapping and Compassing

Your studies will focus on mapping systems and compassing. You will interpret maps and develop skills in ground and map measurements.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Use a compass for orientation.			
2.	Collect ground and map distances with azimuth direction.			
3.	Employ mapping systems.			
4.	Interpret map content.			

### MEAT 101 - Meat, Seafood and Poultry Processing (Practical)

You will process beef, pork, and poultry. You will handle and store fresh and frozen meats and poultry. You will also observe the processing of seafood.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
<b>Competent:</b>	I can apply this outcome without direction or supervision.			
<b>Learning:</b>	I am still learning skills and knowledge to apply this outcome.			
<b>None:</b>	I have no knowledge or experience related to this outcome.			
1. Process beef.				
2. Process pork.				
3. Store fresh and frozen meat.				
4. Process poultry.				
5. Observe the processing of seafood.				

## MEAT 102 - Meat, Seafood and Poultry Cooking (Theory)

You will be introduced to the general principles of cooking and handling meats, seafood, and poultry. You will learn a variety of preparation and cooking techniques for beef, pork, poultry, lamb, and veal.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Describe the procedures for cooking meat.				
2. Describe the procedures for cooking poultry.				
3. Describe the procedures for cooking seafood.				



### MEAT 103 - Meat, Seafood and Poultry Cooking (Practical)

You will cook meat, seafood and poultry using moist heat methods, dry heat methods and dry heat methods with fat. You will cook a variety of meats and prepare poultry dressing. You will also gain experience in holding and storing cooked meat, seafood, and poultry.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Cook meat using moist-heat methods.			
2.	Cook meat using dry-heat methods without fat.			
3.	Cook meat using dry-heat methods with fat.			
4.	Cook variety meats.			
5.	Cook poultry using moist-heat methods.			
6.	Cook poultry using dry-heat methods without fat.			
7.	Cook poultry using dry-heat methods with fat.			
8.	Cook seafood using moist-heat and dry-heat methods.			

## MEAT 195 - Meat Science

You will gain an understanding of the composition, nutritional value and development of domestic animals for processing, preparation and distribution. You will study the differences between tough and tender muscles as well as the effects of different cooking methods have on them.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Describe meat composition and the structure of muscle and bone.			
2.	Describe the effects of rigor mortis and aging on muscle.			
3.	Describe common causes of pale soft exudative (PSE) and dark firm dry (DFD).			
4.	Other muscle imperfections/abnormalities and lymph/gland placement.			
5.	Describe nutritional values of meat and the basics of meat cookery.			
6.	Describe moist and dry heat cooking methods as well as the corresponding skeletal muscle placement.			
7.	Describe marinating, seasoning and general value-added process.			
8.	Demonstrate dry heat cooking methods with various meat cuts.			
9.	Demonstrate moist heat cooking methods with various meat cuts.			

## MEAT 282 - Beef Hind Retail Cuts

In this course you will gain an understanding of the procedures for processing retail beef hind products from the common block ready cuts. You will identify block ready products, produce and retail them following proper marketing procedures.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Describe the common block ready cuts produced from the hind quarter.			
2.	Describe the common retail cuts obtained from the Short-loin, striploin, and tenderloin.			
3.	Describe the common retail cuts obtained from the inside round, outside round, eye of round and sirloin tip.			
4.	Describe the common retail cuts obtained from the sirloin butt.			
5.	Describe the common retail products obtained from the beef trim.			
6.	Produce various retail cuts from short-loin, striploin, and tenderloin.			
7.	Produce various retail cuts from the inside round, outside round, eye of round and sirloin tip.			
8.	Produce various retail cuts from the sirloin butt.			
9.	Produce various retail cuts from the beef trim.			
10.	Perform proper packaging, pricing, and storage of the retail beef front products.			
11.	Perform retail marketing skills including stocking products, customer relations and cash management.			

### MEAT 283 - Beef Front Retail Cuts

You will gain an understanding of the procedures for processing retail beef front products from the common block ready cuts. You will identify block ready products, produce and retail them following proper marketing procedures.

**Credit unit(s):** 4.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Describe the common block ready products obtained from the beef front quarter.			
2.	Describe the common retail cuts obtained from the chuck.			
3.	Describe the common retail cuts obtained from the rib.			
4.	Describe the common retail cuts obtained from the brisket.			
5.	Describe the common retail cuts obtained from the beef trim.			
6.	Produce various retail cuts from the blade.			
7.	Produce various retail cuts from the shoulder clod.			
8.	Produce various retail cuts from the short ribs.			
9.	Produce various retail cuts from rib.			
10.	Produce various retail cuts from the trim.			
11.	Perform proper packaging, pricing, and storage of the retail beef front products.			
12.	Perform retail marketing skills including stocking products, customer relations and cash management.			

### SAFE 110 - Safety, Sanitation and Tools

You will gain an understanding of the procedures related to safety, sanitation, tools, and equipment in a professional work environment. This will include the handling of workplace hazardous materials and the completion of WHMIS certification and Safe Food Handling certification.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Describe general sanitation procedures.			
2.	Complete certification in safe food handling.			
3.	Describe safe workplace procedures.			
4.	Describe time-temperature control and rates of cooling.			
5.	Apply procedures for safe and efficient use of tools and equipment.			
6.	Demonstrate the use and maintenance of knives.			

## SAFE 111 - Firearms Safety

You will complete the Canadian Firearm Safety (CFSC) Course. You will learn about the evolution of firearms, basic firearm safety practices, ammunition, operating firearm actions, safe handling and carry of firearms and safe storage.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Describe the evolution of firearms.				
2. Apply basic firearms safety practices.				
3. Identify ammunition.				
4. Apply safe operating and handling techniques.				
5. Explain safe storage of firearms.				

### SFTY 106 - Wilderness Survival

You will be introduced to the basic survival techniques involving clothing, shelter building, fire, signaling and collecting food and water. You will also study how to deal with wildlife during dangerous encounters.

**Credit unit(s):** 1.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Describe wilderness survival planning and techniques.				
2. Describe equipment and clothing requirements.				
3. Describe awareness when dealing with dangerous wildlife encounters.				

## TAXO 101 - Edible Plants of the Boreal Forest

You will learn how to identify, harvest, and prepare common, wild plants of the boreal forest. You will learn how to preserve and prepare plants for food and beneficial purposes.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Describe plant vegetative and reproductive morphology with appropriate terminology.			
2.	Identify specific terrestrial and aquatic vegetation and their associated site characteristics.			
3.	Identify specific toxic and/or poisonous plants.			
4.	Explain the significance of specific plants in Indigenous culture.			
5.	Harvest wild plants in an ethical manner.			
6.	Prepare wild harvested plants.			



## WILD 102 - Humane Trapping

You will learn the skills to trap animals humanely and process the hide for resale.

**Credit unit(s):** 1.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Explain humane trapping.				
2. Examine the skills required to trap humanely.				
3. Explain the steps in processing hides.				
4. Process hide.				

### WILD 103 - Tanning and Beading Hides

You will learn the process of hide tanning utilizing both traditional and modern methods. You will also learn to bead on a prepared hide.

**Credit unit(s):** 2.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1. Explain the processes involved in tanning.				
2. Apply tanning processes.				
3. Explain the cultural significance of beading.				
4. Apply beadwork to prepared hide.				