EL 100: Wilderness Living Techniques
Health, Exercise Sci & Recreation Mgmt

Basics of outdoor living skills focusing on camping, orienteering, basic survival, cooking, natural food identification and preparation, and trip planning.

1 Credit

Prerequisites
- First eight weeks only, field trip and fee required

Instruction Type(s)
- Lecture/Lab: Lecture/Lab for EL 100

Course Fee(s)
- Applied Science: $50.00

Subject Areas
- Health and Physical Education, General
- Kinesiology and Exercise Science

Related Areas
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies