

## **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.

Pass/Fail grade

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**

- \$5.00

#### **Subject Areas**

- [Leisure and Recreational Activities, General](#)

