

# 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

