

# 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

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

#### **Related Areas**

- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

questions