

# 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

- lieu Sciel
- \$5.00

### Subject Areas

- Health and Physical Education, General
- <u>Kinesiology and Exercise Science</u>

### **Related Areas**

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

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