

## **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](#)

