

# 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
- \$50.00

#### **Subject Areas**

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

#### **Related Areas**

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

