

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

• \$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
- <u>Sports Studies</u>

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