

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](#)
- [Sports Studies](#)

