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, General
• Health and Physical Education/Fitness, Other
• Kinesiology and Exercise Science
• Socio-Psychological Sports Studies