

## 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](#)

