ARCTIC SKILLS (ARSK)

ARSK F147A  Arctic Survival  (a)  
1-2 Credits  
Offered As Demand Warrants  
Designed for those individuals traveling for work or recreation in the Arctic. The focus is on preparation and development of knowledge and skills to cope effectively with the difficulties and dangers to which travelers are frequently exposed. Topics include appropriate survival kits, clothing options, nutrition and hydration needs, shelter construction, signal development, cold weather injuries and safety issues related to modes of transportation. The two credit option includes two field practicums. May be repeated for a maximum of 4 credits.  
**Recommended:** College level reading skills.  
**Lecture + Lab + Other:** 1-2 + 0 + 0

ARSK F147B  Arctic Survival  (a)  
1-2 Credits  
Offered As Demand Warrants  
Designed for those individuals traveling for work or recreation in the Arctic. The focus is on preparation and development of knowledge and skills to cope effectively with the difficulties and dangers to which travelers are frequently exposed. Topics include appropriate survival kits, clothing options, nutrition and hydration needs, shelter construction, signal development, cold weather injuries and safety issues related to modes of transportation. The two credit option includes two field practicums. May be repeated for a maximum of 4 credits.  
**Recommended:** College level reading skills.  
**Lecture + Lab + Other:** 1-2 + 0 + 0

ARSK F170  EMT: Emergency Medical Technician I  (a)  
6 Credits  
Offered As Demand Warrants  
How to provide basic life support such as splinting, hemorrhage control, oxygen therapy, suction, CPR and use of automated external defibrillators (AEDs). EMT I is the foundation of all emergency medical training. Mastering of EMT I level knowledge and techniques must occur before moving on to advanced levels.  
**Cross-listed with EMS F170.**  
**Lecture + Lab + Other:** 4 + 4 + 0