

**Bachelor of Science (B.S.) Degree in Health, Fitness, and Recreation Resources (HFRR)**  
**Therapeutic Recreation (TR) Concentration**  
**School of Recreation, Health, and Tourism (RHT)**  
**Academic Advising Form 2004-2005**  
[www.rht.gmu.edu](http://www.rht.gmu.edu)

Name: \_\_\_\_\_ SS#: \_\_\_\_\_ Advisor: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Catalog Year: \_\_\_\_\_

\*Contact 703-993-2060 to obtain your advisor's name, phone number, & email address \*Make an appointment for advisement

**I. GENERAL EDUCATION (in GEN ED) REQUIREMENTS (41)**

For current list of approved courses: <http://www.gmu.edu/departments/provost/gened/>

Requirement	Credits	Institution	Course #	Grade	Sem./Yr
Written Communication (Lower Level)	3				
Written Communication (Upper Level)	3				
Western Civilization	3				
Information Technology	3				
Social and Behavioral Sciences (PSYC 100)	3				
Literature	3				
Oral Communication	3				
Fine Arts	3				
U. S. History	3				
Quantitative Reasoning (STAT 250)	3				
Global Understanding (e.g., TOUR 210)	3				
Natural Science (BIOL 124 and 125)	8				

**II. PROFESSIONAL CONCENTRATION (70)**

Requirement	Credits	Institution	Course #	Grade	Sem./Yr
HEAL 205	4				
HEAL 323	3				
PHED 200	3				
PRLS 210	3				
PRLS 241	3				
PRLS 310	3				
PRLS 316	3				
PRLS 317	3				
PRLS 327	3				
PRLS 405	3				
PRLS 410	3				
PRLS 411	3				
PRLS 416	3				
PRLS 418	3				
PRLS 450	3				
PRLS 460	3				
PRLS 490 (GEN ED Synthesis)	12				
PRLS 503	3				
PSYC 211	3				
PSYC 325	3				

**III. ELECTIVES (9)**

Course Name	Credits	Institution	Course #	Grade	Sem./Yr

**TOTAL CREDITS (120) REQUIRED**      45 hours of upper level credit      Credits of "D" (Max 6 in major/12 overall)

## COURSE DESCRIPTIONS

### **HEAL 205 Principles of Accident Causation and Prevention (4)**

Investigation of safety related problems, emphasis on fire, home, occupational, recreational, and vehicle safety; violence and property crime prevention. Identification, care, and treatment of various medical emergencies.

### **HEAL 323 Program Leadership and Evaluation (3) Prerequisite: PRLS 310 or permission of instructor (POI)**

This course will focus on the implementation and evaluation of health education, fitness, and recreation resources programs. Students will utilize computer technology while studying the evaluative aspects of program planning and administration.

### **PHED 200 Professional Dimensions of Physical Education, Health and Recreation Resources (3)**

A historical and philosophical introduction to health, physical education and recreation.

### **PRLS 210 Introduction to Recreation and Leisure (3) Open to non-majors**

Traces the development of current concepts of recreation and leisure and their implications and consequences. Influences of philosophy, religion, science, economics, sociology and politics on discretionary time and its uses.

### **PRLS 241 Practicum (3) [Pass/Fail] Prerequisites: 60 hour; PRLS 210, 310, 316, 327; Co-requisite: PRLS 410**

Open to majors and minors only. Paid or voluntary work experience in a park and recreation agency. Minimum period of 10-12 weeks of part-time employment or experience. This practicum will serve as a capstone for the minor allowing for integration and application of coursework, theories, and research to a work setting. Worksites are chosen from among: the Freedom Aquatic and Fitness Center; Fairfax County Park Authority and the Department of Community and Recreation Services; or the Northern Virginia Regional Park Authority and Hemlock Overlook Center for Outdoor Education, with approval of a faculty supervisor. Includes meetings and assignments prior to and during the practicum.

### **PRLS 310 Program Planning and Design (3) Prerequisite: PHED 200 or PRLS 210 or SPMT 201 or TOUR 200**

Fundamental principles and techniques of the planning process for health, fitness and recreation services programs. Specifying an area of need, goals, objectives, and a mission statement; generating solutions; and selecting a program design for implementation.

### **PRLS 316 Outdoor Education and Leadership (3)**

Promotion of lifelong health and fitness via noncompetitive and informal outdoor activities. Introduction to safety, skills, and leadership techniques. Sustainable use, conservation and stewardship of natural resources.

### **PRLS 317 Social Psychology of Play and Recreation (3) Prerequisite: PRLS 210 or permission of instructor (POI)**

Application of social psychological theories and research to the student of leisure, play and recreation behavior including correlates, antecedents, consequences of and constraints to these concepts.

### **PRLS 327 Foundations of Therapeutic Recreation (3)**

Nature and perceptions of disability and their consequences. The problems of stigma, stereotype, and labeling. Principles of normalization, inclusion and mainstreaming. Introduction to the therapeutic recreation model and activity assessment.

### **PRLS 405 Planning, Design and Maintenance of HFRR Facilities (3) Prerequisites: PRLS 310 or permission of instructor (POI) and 60 hours**

Quantity, location, and design standards for facilities. Safety, functionality, durability, and maintenance demand criteria in planning and design. Programmatic and operational objectives to be met, including user comfort and convenience, crowd management, and traffic flow. Space relationships. Includes field study of local facilities.

### **PRLS 410 Administration of HFRR Organizations (3) Prerequisite: 60 hours**

Operation and management of health, fitness, and recreation services organizations. Management and leadership theories and techniques. Problem solving and decision making. Organizational communications. Design of organizational structures. Budgeting.

### **PRLS 411 Administration of HFRR Organizations II (3) Prerequisites: PRLS 410 and 60 hours**

Planning techniques for health, fitness and recreation services organizations. Program and organizational marketing principles and strategies. Service quality assessment and organizational evaluation techniques. Organizational financing.

### **PRLS 416 Issues and Trends in Therapeutic Recreation (3) Prerequisite: PRLS 327**

Exploration of the role of leisure in human development with specific focus on the leisure needs, demands, and services for people with disabilities in community and clinical settings. Basic concepts associated with leisure, aging, physical challenge, targeting leisure services, research, and public policy are presented.

### **PRLS 418 Assessment in Therapeutic Recreation (3) Prerequisite: PRLS 327**

Methods of assessment, development of treatment program plans and evaluation of all components. Development of competencies in the planning approaches, individual and group assessment techniques, program evaluation and documentation strategies for people with disabilities.

### **PRLS 450 Research Methods (3) Prerequisites: 60 hours and STAT 250**

Development of empirical research designs for both practical and theoretical problems in health, fitness, and recreation resources management. Literature review of hypothesized relationships and formulation of research proposals.

### **PRLS 460 Sport and Recreation Law (3) Prerequisite: 60 hours**

Emphasis on safety, liability and risk. Current law and liability issues for administrators of HFRR facilities and programs.

### **PRLS 490 Internship (12) [Pass/Fail] Prerequisites: 90 hours; HEAL 205, 323, 350; PHED 200; PRLS 210, 241, 310, 316 and 327**

Paid or voluntary work experience in a park and recreation agency under a certified therapeutic recreation specialist. Minimum period of 12 weeks of full-time employment and 480 hours. Application of coursework, theories, and research to work settings. Worksites are chosen by students after approval of faculty supervisors. Includes meetings and assignments prior to as well as during the internship.

### **PRLS 503 Disability Rights Law in Sport and Recreation (3) Prerequisite: PRLS 460 or graduate status or permission of instructor (POI)**

Provides an overview of several major law and policy issues related to the provision of community recreation services to people with disabilities. The primary focus is the Americans with Disabilities Act and related federal legislation.