



Name: _____
Local Address: _____
Email: _____
Catalog Year: _____

SS#: _____
Phone: _____
Advisor: _____

***Once you have attended an HFRR Orientation AND have been admitted to the University:**

- Contact 703-993-2096 or 703-993-2060
- Obtain your advisor's name & phone number
- Make an appointment for advisement

I. GENERAL EDUCATION [GEN ED] REQUIREMENTS (41)

Recommended classes visit www.admissions.gmu.edu/ugrad/transfer/transguide (between English and Geography click on General Education)

Requirement		Institution	Course #	Grade	Sem. /Yr
Written Communication [Lower Level]	3				
Written Communication [Upper Level]	3				
Western Civilization	3				
Information Technology	3				
Social and Behavior Science	3				
Literature	3				
Oral Communication	3				
Fine Arts	3				
U. S. History	3				
Quantitative Reasoning (STAT 250)	3				
Global Understanding	3				
Natural Science (BIOL 124 and 125)	8				

II. PROFESSIONAL CONCENTRATION (73)

Requirement		Institution	Course #	Grade	Sem. /Yr
HEAL 110	3				
HEAL 205	4				
HEAL 330	3				
PHED 200 (renumbered from PHED 303)	3				
PHED 300	3				
PHED 328	3				
PHED 329	3				
PHED 332	3				
PHED 333	3				
PHED 334	3				
PHED 335	3				
PHED 336	3				
PHED 337	3				
PHED 338	3				
PHED 365	3				
PHED 410	3				
PHED 413	3				
PHED 441 [GEN ED Synthesis]	3				
PHED 450	3				
PRLS 405	3				
PRLS 410	3				
PRLS 450	3				
PRLS 460	3				
EFHP 524	3				

III. ELECTIVES (6)

Course Name		Institution	Course #	Grade	Sem. /Yr
TOTAL CREDITS [120 REQUIRED]		Credits of "D" [Max 6 in major/12 overall]			

COURSE DESCRIPTIONS

EFHP 524 Physiology for the Athletic Trainer Including the Pharmacology of Sports Injuries (3) Prerequisites: BIOL 124 & 125, 90 hours, and permission of instructor. Promotes familiarity with and proficiency in the physiology, pharmacology, and rehabilitation of sports injuries. At course completion, the student is fully informed regarding the physiology competencies as outlined in the National Athletic Trainers' Association Competencies in Athletic Training.

HEAL 110 Personal Health (3)

Focuses on individual and family well being through the integration of such topics as fitness, nutrition, human sexuality, consumer health, drug education, and mental health.

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 330 Nutrition (3)

Assessment of dietary habits and patterns in relation to nutrition requirements. Emphasis on weight control, diet and fitness, and current nutritional controversies.

PHED 200 Professional Dimensions of Health, Recreation, and Physical Education (3) (renumbered from PHED 303)

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

PHED 300 Kinesiology (3) Prerequisites: BIOL 124 & 125

Anatomical and mechanical study of human movement.

PHED 328 Introduction to Athletic Training (3)

An introduction to the profession of athletic training. Areas to be studied include the role of the athletic trainer in sports medicine, mechanisms of athletic injuries, tissue response to injury, blood-borne pathogens, introductory techniques of the assessment and evaluation of athletic injuries and emergency procedures, general illnesses common with athletes, and dermatological conditions.

PHED 329 Clinical Experiences in Introductory Athletic Training (3)

An introduction to clinical skills commonly used in athletic training. Topics will include athletic training room organization and procedures; protective sports equipment; construction of protective devices; and application of protective taping, braces, wrapping, and protective pads. Assignments will include the application of skills with athletic teams.

PHED 332 Therapeutic Modalities (3) Prerequisites: BIOL 124 & 125

A study of the physical principals, physiological effects, indications, and contraindications of therapeutic modalities used in athletic training. A study of indications, contraindications, physiological effects, special programs and resistance methods used in the prevention and rehabilitation of athletic injuries.

PHED 333 Treatment and Rehabilitation Clinical Techniques (3) Pre- or Co-requisites: PHED 332 338,, 2.50 major g.p.a.

Practical experience in the standard operating procedures of therapeutic modalities commonly used in athletic training and special programs and rehabilitation methods used in the prevention and rehabilitation of athletic injuries. Assignments will include the application of skills with athletic teams.

PHED 334 Athletic Injury Recognition of the Upper Extremity, Head and Neck (3) Prerequisites: BIOL 124 & 125

An analysis of injury mechanisms of specific injuries to the upper extremity, head and spine.

PHED 335 Clinical Evaluation Skills for the Upper Extremity, Head and Neck (3) Co-requisites: PHED 334, 2.50 major g.p.a.

An analysis of injury evaluation and muscle isolation techniques of specific injuries to the upper extremity, head and spine. Assignments will include the application of skills with athletic teams.

PHED 336 Athletic Injury Recognition of the Lower Extremity and Thorax (3) Prerequisites: BIOL 124 & 125

An analysis of injury mechanisms of specific injuries to the lower extremity and thorax.

PHED 337 Clinical Evaluation Skills for the Lower Extremity and Thorax (3) Co-requisites: PHED 336, 2.50 major g.p.a.

An analysis of injury evaluation and muscle isolation techniques of specific injuries to the lower extremity and thorax. Assignments will include the application of skills with athletic teams.

PHED 338 Rehabilitation of Athletic Injuries (3) Prerequisites: BIOL 124 & 125

A study of the indications, contraindications, physiological effects, special programs, and resistance methods that are used in the prevention and rehabilitation of athletic injuries.

PHED 365 Measurement and Evaluation of Physical Fitness (3) Prerequisites: BIOL 124 & 125

Selection, administration, evaluation, and construction of measurement and evaluation instruments and techniques in physical education; statistical analysis of data and survey of selected instruments.

PHED 410 Social/Psychological Aspects of Health and Fitness (3)

Covers research, trends and techniques of health and fitness from a behavioral perspective.

PHED 413 Management Skills in Athletic Training (3) Prerequisites: PHED 200, 328, 329, 332, 333, 334, 335, 336, 337; PRLS 405, 410; 2.50 major g.p.a. Practical experience in the administration of an athletic training program on the collegiate, clinical, professional, and secondary school level.

PHED 441 Practicum in Athletic Training (3) Prerequisites: PHED 303, 328, 329, 332, 333, 334, 335, 336, 337; PRLS 405 PRLS 410; 2.50 major g.p.a. Applies techniques and procedures in the care and prevention of athletic injuries in a selected environment under certified athletic trainer supervision. Involves at least 300 hours of participation.

PHED 450 Physiology of Exercise (3) Prerequisites: BIOL 124 & 125 & PHED 300 Stat 25 60 hours

Human physiology response to environmental changes and exercise.

PRLS 405 Planning, Design and Maintenance of Leisure Facilities (3) Prerequisites: 60 credits

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 Health, Fitness, Recreation Resource 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. Design of organizational structures. Budgeting.

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

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.