



**Bachelor of Science (B.S.) Degree in Health, Fitness, and Recreation Resources (HFRR)**  
**Exercise Science (ES) Concentration**  
**School of Recreation, Health, and Tourism (RHT)**  
**Academic Advising Form 2006-2007**  
**rht.gmu.edu**

**Name:** \_\_\_\_\_ **G#:** \_\_\_\_\_ **Advisor:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
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\*Contact 703-993-2060 to obtain your advisor's name, phone number, & email address \*Make an appointment for advisement

**I. GENERAL EDUCATION (GEN ED) REQUIREMENTS (38)**

For current list of approved courses in GEN ED: <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 (e.g., HEAL 230) | 3       |             |          |       |         |
| Literature                                      | 3       |             |          |       |         |
| Oral Communication                              | 3       |             |          |       |         |
| Fine Arts                                       | 3       |             |          |       |         |
| Quantitative Reasoning (STAT 250)               | 3       |             |          |       |         |
| Global Understanding (e.g., TOUR 210)           | 3       |             |          |       |         |
| Natural Science (BIOL 124 and 125)              | 8       |             |          |       |         |

**II. PROFESSIONAL CONCENTRATION (68)**

| Requirement                 | Credits | Institution | Course # | Grade | Sem./Yr |
|-----------------------------|---------|-------------|----------|-------|---------|
| HEAL 205                    | 4       |             |          |       |         |
| HEAL 220                    | 3       |             |          |       |         |
| HEAL 323                    | 3       |             |          |       |         |
| HEAL 330                    | 3       |             |          |       |         |
| HEAL 350 or PRLS 327        | 3       |             |          |       |         |
| HEAL 490 (GEN ED Synthesis) | 12      |             |          |       |         |
| PHED 200                    | 3       |             |          |       |         |
| PHED 300                    | 3       |             |          |       |         |
| PHED 304                    | 3       |             |          |       |         |
| PHED 365                    | 3       |             |          |       |         |
| PHED 410 or PRLS 317        | 3       |             |          |       |         |
| PHED 450                    | 4       |             |          |       |         |
| PHED 480                    | 3       |             |          |       |         |
| PRLS 310                    | 3       |             |          |       |         |
| PRLS 405                    | 3       |             |          |       |         |
| PRLS 410                    | 3       |             |          |       |         |
| PRLS 411                    | 3       |             |          |       |         |
| PRLS 450                    | 3       |             |          |       |         |
| PRLS 460                    | 3       |             |          |       |         |

**III. ELECTIVES (14)**

| Course Name | Credits | Institution | Course # | Grade | Sem. /Yr |
|-------------|---------|-------------|----------|-------|----------|
|             |         |             |          |       |          |
|             |         |             |          |       |          |
|             |         |             |          |       |          |
|             |         |             |          |       |          |

**TOTAL CREDITS (120 REQUIRED)      45 hours of upper level credit**

## 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 220 Dimensions of Mental Health (3)**

Integration of behavioral and sociocultural factors in the study of mental health.

### **HEAL 230 Introduction to Health Behavior (3)**

This course provides an introduction to health behavior within the context of health psychology. Students will study the nature of health from cognitive, behavioral, and biological perspectives.

### **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.

### **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.

### **HEAL 350 Interventions for Populations and Communities at Risk (3)**

Identification of culturally, physically, emotionally, mentally and demographically diverse populations and communities at-risk; implications for development of innovative programs and the role of HFRR interventions.

### **HEAL 490 Internship (12) [Pass/Fail] Prerequisite: 90 credits or POI. See internship manual for specific concentration requirements.**

Directed experience to observe and participate in health promotion and fitness activities at community agencies, health care centers, and private sector organizations. Minimum period of 10-12 consecutive weeks.

### **PHED 200 Professional Dimensions of Health, Recreation, and Physical Education (3) Open to non-majors**

Traces historical foundations of health, recreation, physical education, and sport.

### **PHED 300 Kinesiology (3) Prerequisites: BIOL 124 and 125**

Anatomical and mechanical study of human movement.

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

### **PHED 304 Sport, Culture, and Society (3) Prerequisite: PHED 200 or POI**

Sport viewed from educational, political, economic, and cultural perspectives.

### **PHED 365 Measurement and Evaluation of Physical Fitness (3) Prerequisites: BIOL 124 and 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)**

Research, trends and techniques of health and fitness.

### **PHED 450 Physiology of Exercise (3) Prerequisites: BIOL 124 and 125 and PHED 300**

Human physiology response to environmental changes and exercise.

### **PHED 480 Special Topics (3) Prerequisite: 60 credits**

See course description in the Schedule of Classes. Selected topics reflecting interest in specialized areas of exercise science or health promotion. Announced in advance.

### **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 317 Social Psychology of Play and Recreation (3) Prerequisite: PHED 200 or PRLS 210 or SPMT 201 or TOUR 200**

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 POI, and 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 HFRR Organizations I (3) Prerequisite: 60 credits**

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 411 Administration of HFRR Organizations II (3) Prerequisites: PRLS 310, 410 and 60 credits**

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 450 Research Methods (3) Prerequisites: HEAL 323, STAT 250 and 60 credits**

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 credits**

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