



George Mason University

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)

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

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 (e.g. TOUR 210)	3				
Natural Science (BIOL 124 and 125)	8				

II. PROFESSIONAL CONCENTRATION (67)

Requirement		Institution	Course #	Grade	Sem./Yr
HEAL 205	4				
HEAL 220	3				
HEAL 323	3				
HEAL 330	3				
HEAL 350 or PRLS 327	3				
HEAL 370	3				
HEAL 372	3				
HEAL 430	3				
HEAL 450	3				
HEAL 470	3				
HEAL 490 [GEN ED Synthesis]	12				
PHED 200 (renumbered from PHED 303)	3				
PHED 365	3				
PRLS 310	3				
PRLS 317 or PHED 410	3				
PRLS 410	3				
PRLS 411	3				
PRLS 450	3				
PRLS 460	3				

III. ELECTIVES (12)

Course Name		Institution	Course #	Grade	Sem./Yr
TOTAL CREDITS [120 REQUIRED]		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 220 Dimensions of Mental Health (3)

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

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, 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 370 Health Determinants and Status (3)

Determination of a person's health status and health behavior change strategies. Skills acquisition in health risk appraisal, screening and related instruction.

HEAL 372 Health Communication (3)

This course applies research-based models and theories of health assessment and health promotion at the individual, organizational, agency and community levels. Use of communications approaches and skills will be used within the context of behavior change strategies, including policy and program development.

HEAL 430 Seminar in Contemporary Health Problems (3) Prerequisite: 90 hours

Overview of contemporary and often controversial health issues with analysis of selected problems of current concern to society.

HEAL 450 Epidemiology (3)

Study of the incidence, distribution, and causes of diseases and injuries in human populations. Emphasis is on essential diagnostics and planning for community health problem solving.

HEAL 470 Community Health Systems (3)

Examination of the complexities of community health and community health system infrastructure. Focus will be upon planning and navigating the multisystem agency environment, which includes a focus on population and sub-population health.

HEAL 490 Internship (12) Pass/Fail Prerequisite: 80 hours

Directed experience to observe and participate in health promotion and fitness activities at community agencies, health care centers, and private sector organizations.

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

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

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)

Research, trends and techniques of health and fitness.

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

Fundamental principles and techniques of the planning process for health, fitness and recreation 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)

Application of social psychological theories and research to the study 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 410 Administration of HFRR Organizations I (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 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, negligence, and risk liability for sport and recreation injuries. Current law and liability issues for administrators of HFRR facilities and programs.