



George Mason University

**Bachelor of Science Degree
Health and Physical Education (PHED)
Licensure Pre K-12
Department of Health, Fitness and Recreation Resources
Academic Advising Form 2003-2004
www.gmu.edu/departments/hfrr**

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

Previously degreed students may waive all GEN ED requirements [except BIOL 124/125] and apply for a degree upon completion of professional concentration courses.

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	3				
Global Understanding	3				
Natural Science (BIOL 124 and 125)	8				

II. PROFESSIONAL CONCENTRATION (85)

Requirement		Institution	Course #	Grade	Sem./Yr
HEAL 110	3				
HEAL 205	4				
HEAL 220	3				
HEAL 310	3				
HEAL 325	3				
HEAL 330	3				
HEAL 405	3				
PHED 200	3				
PHED 201	3				
PHED 202	3				
PHED 273	3				
PHED 275	3				
PHED 300	3				
PHED 304	3				
PHED 306	3				
PHED 308	3				
PHED 365	3				
PHED 403	3				
PHED 404	3				
PHED 450	3				
PRLS 316	3				
PRLS 410	3				
PRLS 460	3				
EDRD 300	3				
EDUC 300 or EDUC 522	3				
PHED 415 [GEN ED Synthesis]	9				
TOTAL CREDITS [126 REQUIRED]					
Taken Praxis I	Passed/Failed				
Date of Application to Major		→	Approved	Yes/No	
Date of Application to Student Teaching		→	Approved	Yes/No	

COURSE DESCRIPTIONS

HEAL 110 Personal Health (3)

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 220 Dimensions of Mental Health (3)

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

HEAL 310 Drugs and Health (3)

Analysis of drug use, with emphasis on its positive aspects, alternatives to drug misuse and abuse.

HEAL 325 Health Aspects of Human Sexuality (3)

Biological, behavioral, and sociocultural factors in human sexual behavior.

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 405 Teaching Methods in Health Education (3) (BSED Status only)

Content, methodology, and resource materials in teaching health education for elementary and physical education teaching majors.

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

A historical and philosophical introduction to the professional practice of physical education, health and recreation.

PHED 201 Developmental Motor Patterns (3)

Examination of developmental stages of motor patterns. Skill progressions are applied to teaching beginning through advanced learners.

PHED 202 Teaching Skillful Movement (3)

Teaching strategies and behaviors are examined and practiced in a peer-teaching format. Activities from games, gymnastics, dance and fitness are content for peer teaching.

PHED 273 Individual Sports in Physical Education (3)

Designed to improve motor skills and knowledge of teacher candidates in selected individual and lifelong activities and sports.

PHED 275 Team Sports in Physical Education (3)

Designed to improve motor skills and knowledge of teacher candidates in selected team and group activities and sports.

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

Anatomical and mechanical study of human movement.

PHED 304 Sport, Culture, and Society (3)

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

PHED 306 Psychomotor Learning (3) (BSED Status only)

Study of psychological aspects, learning theory, and practice conditions for learning motor skills.

PHED 308 Adapted Physical Education (3) (BSED Status only) Prerequisites: BIOL 124 & 125

Introduces the teacher candidate to disabilities among school aged children. National Standards, federal legislation, IEP's and developmental/inclusion models are applied.

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 403 Elementary School Instruction in Physical Education (3) (BSED Status only) Prerequisites: PHED 201, 202, 273, 275, 306,

PHED 404 Middle/High School Instruction in Physical Education (3) (BSED Status only) Prerequisites: PHED 201, 202, 273, 275 306, & 403 Examines school curriculum, content and teaching practices with field experience for grades 6-12.

PHED 415 Student Teaching (9) (BSED Status only) Prerequisite: Completion of all coursework

Supervised clinical experience of a full semester in approved schools. Required experiences in elementary (7 weeks) and secondary (7 weeks) school setting.

PHED 450 Physiology of Exercise (3) Prerequisites: BIOL 124, 125 & PHED 300

Human physiology response to environmental changes and exercise.

PRLS 316 Outdoor Recreation and Leadership (3)

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

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

Operation and management of health, fitness, and recreation services organizations. Includes management and leadership theories, problem solving and decision making, organizational communications, design of organizational structures and budgeting.

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

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