



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)

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 *	8				

II. PROFESSIONAL CONCENTRATION (67)

Requirement		Institution	Course #	Grade	Sem/Yr
HEAL 205	4				
HEAL 323	3				
PHED 200 (renumbered from PHED 303)	3				
PRLS 210	3				
PRLS 241	3				
PRLS 300	3				
PRLS 302	3				
PRLS 310	3				
PRLS 316	3				
PRLS 317	3				
PRLS 327	3				
PRLS 402	3				
PRLS 405	3				
PRLS 410	3				
PRLS 411	3				
PRLS 450	3				
PRLS 460	3				
PRLS 490 [GEN ED Synthesis]	12				
PRLS 501	3				
PRLS 526	3				

III. ELECTIVES (9)

Course Name		Institution	Course #	Grade	Sem/Yr

TOTAL CREDITS [120 REQUIRED]		Credits of "D" [Max 6 in major/12 overall]	
* For an Environmental Certificate take BIOL 213 (4) and either 303 (4) or 304 (4)			

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)(renumbered from PHED 303)

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 242 Open to majors and minors only.**PRLS 300 People with Nature (3)**

Traces the evolution of American attitudes toward nature and uses of natural resources. Extensive reading and discussion of nature writers, including Emerson, Thoreau, Muir, Leopold, and Carson.

PRLS 302 Park Management and Operations (3) Prerequisite: PRLS 300

Management and operations of park resources, including the management of visitors and recreation development. Understanding contemporary threats to park integrity and preservation of resources. Maintenance management systems.

PRLS 310 Program Planning and Design (3) Prerequisite: PHED200 or TOUR 200 or PRLS 210 or SPMT 201

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 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 402 Human Behavior in Natural Environments (3) Prerequisites: PRLS 210 or POI and 60 hours

Application of social and behavioral theories to management of recreation users of land and water resources. Deterioration and pollution of land and water, noise, crowding, and conflicts among users are examined. Strategies for mitigation of deleterious impacts and deprecative behaviors, as well as attitudes toward resource conservation, preservation, and use are discussed.

PRLS 405 Planning, Design and Maintenance of HFRR Facilities (3) Prerequisites: PRLS 310 or 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 Organization 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 241 Practicum (3) Prerequisites: 60 hours pass/fail, PRLS 210, PRLS 310, PRLS 316, PRLS 327; PRLS 410 (Corequisite).

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 450 Research Methods (3) Prerequisites: 60 hours and Statistics

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, HEAL 323, HEAL 350, PHED 200, PRLS 210, PRLS 241, PRLS 310, PRLS 316, PRLS 317

Paid or voluntary work experience in a park and recreation agency. Minimum period of 10-12 weeks of full-time employment. 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 501 Introduction to Natural Resource Law (3) Prerequisites: PRLS 460 or POI and 90 hours

Examination of selected legal issues involving conflicting use and preservation demands on our nation's limited natural resource base, particularly those involving public lands, open space, and recreation resources. Use of case studies of recent court decisions.

PRLS 526 Environmental Education and Resource Interpretation (3) Prerequisites: PRLS 402 or POI and 90 hours

Methods for communicating and disseminating information pertaining to the use of natural and recreation resources. Design and implementation of education materials and programs to enhance understanding and appreciation of cultural, historical, and natural resources.