



Bachelor of Science (B.S.) Degree in Health, Fitness, and Recreation Resources (HFRR)
Exercise Science (EXS) Concentration
School of Recreation, Health, and Tourism (RHT)
Academic Advising Form 2008-2009
www.rht.gmu.edu

Name: _____ **G#:** _____ **Advisor:** _____
Address: _____
Phone: _____ **Email:** _____ **Catalog Year:** _____

*Contact 703-993-2060 or the above web address for further information.

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				
Arts	3				
Quantitative Reasoning (STAT 250)	3				
Global Understanding (e.g., TOUR 210)	3				
Natural Science (BIOL 124 and 125)	8				

II. PROFESSIONAL CONCENTRATION (71)

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 430	3				
HEAL 490 (GEN ED Synthesis)	12				
PHED 200	3				
PHED 300	3				
PHED 364	3				
PHED 365	3				
PHED 410 or HEAL 230 or PRLS 317	3				
PHED 450	4				
PRLS 310	3				
PRLS 405	3				
PRLS 410	3				
PRLS 411	3				
PRLS 450	3				
PRLS 460	3				
SPMT 304	3				

III. ELECTIVES (11)

Course Name	Credits	Institution	Course #	Grade	Sem. /Yr

TOTAL CREDITS (120 REQUIRED)

45 upper level credits

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 430 Seminar in Exercise Science and Health Promotion (3) Prerequisite: 90 credits

Selected topics reflect interest in specialized areas of exercise science and health promotion. Methods and techniques essential for professionals that help individuals, communities, and groups gain the benefits of regular physical activity will be emphasized.

HEAL 490 Internship (12) [Pass/Fail] Prerequisite: 90 credits or POI.

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 364 Strength Training: Concepts and Application (3) Prerequisites: BIOL 124 and 125

This course provides students with an opportunity to develop an in-depth understanding of the principles of strength training and conditioning, including: anatomical and physiological considerations, lifting techniques, equipment selection, program development/evaluation, and weightlifting safety; thus enabling them to teach and train clients.

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 (4) Prerequisites: BIOL 124 and 125 and PHED 300

Human physiology response to environmental changes and exercise.

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 Leisure 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 RHT 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 RHT 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.

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

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