



Bachelor of Science (B.S.) Degree in Health, Fitness, and Recreation Resources (HFRR)
Health Promotion (HPR) 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 (70)

| Requirement | Credits | Institution | Course # | Grade | Sem./Yr |
|--|---------|-------------|----------|-------|---------|
| HEAL 205 | 4 | | | | |
| HEAL 220 | 3 | | | | |
| HEAL 230 or PHED 410 or PRLS 317 | 3 | | | | |
| HEAL 310 or HEAL 312 or HEAL 325 or HEAL 327 | 6 | | | | |
| HEAL 314 | 3 | | | | |
| HEAL 323 | 3 | | | | |
| HEAL 330 | 3 | | | | |
| HEAL 350 or PRLS 327 | 3 | | | | |
| HEAL 372 | 3 | | | | |
| HEAL 430 | 3 | | | | |
| HEAL 450 | 3 | | | | |
| HEAL 490 (GEN ED Synthesis) | 12 | | | | |
| PHED 200 | 3 | | | | |
| PHED 365 | 3 | | | | |
| PRLS 310 | 3 | | | | |
| PRLS 410 | 3 | | | | |
| PRLS 411 | 3 | | | | |
| PRLS 450 | 3 | | | | |
| PRLS 460 | 3 | | | | |

III. ELECTIVES (12)

| 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)

Introduction to health behavior within the context of health psychology. Students will study the nature of health from cognitive, behavioral, and biological perspectives.

HEAL 310 Drugs and Health (3)

Analyzes drug use, with emphasis on positive aspects, and presents alternatives to drug misuse and abuse.

HEAL 312 Health and Wellness Choices (3) *May be taken by non-majors*

Actively involves students in becoming managers of their personal health and well-being throughout life span. Consistent with Healthy People 2010 goals for nation. Emphasizes lifestyle activity and fitness, behavioral change, and maintenance.

HEAL 314 Community Health Issues and Strategies: Drugs and Alcohol (3)

Emphasizes applications of theories underlying health promotion and risk reduction, with primary attention to drug and alcohol abuse. Focuses on applied strategies in range of community settings, including schools and colleges, workplace, social services, health care providers, and citizen groups.

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 325 Health Aspects of Human Sexuality (3)

Covers biological, behavioral, and sociocultural factors in human sexual behavior.

HEAL 327 Women's Health (3)

Examines health issues unique to women, including health care, food and exercise, reproductive and gynecological issues, chronic diseases, and issues of violence.

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 372 Health Communication (3)

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 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 450 Epidemiology and Environmental Health (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 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.

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 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.

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 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 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 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. Organizational communications. 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, negligence, and risk liability for sport and recreation injuries. Current law and liability issues for administrators of HFRR facilities and programs.