SCHOOL OF RECREATION, HEALTH, AND TOURISM
College of Education and Human Development
UNDERGRADUATE MAJORS

The School of Recreation, Health, and Tourism (SRHT) offers exciting, career-ready majors in dynamic fields such as tourism and events management, health and physical education, kinesiology, sport management, and recreation management. Each major requires one or more internship or clinical experiences, ensuring that students graduate not just with a transcript but with a resume that demonstrates their professional aptitude and skills.

SRHT features renowned faculty, cutting-edge research, six laboratories and centers, and a diverse student body of more than 1,000 undergraduate and graduate students each year. Many classes are held at George Mason’s newest and growing campus in Prince William County. The school is part of George Mason’s College of Education and Human Development.

To speak with an SRHT advisor to learn more about study, internship, and career opportunities, visit us on the web at rht.gmu.edu or email srht@gmu.edu.

ATHLETIC TRAINING

Athletic trainers are highly qualified, multi-skilled health care professionals in an allied health profession. Certified athletic trainers collaborate with physicians to provide care for athletes and those who are physically active in emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions.

The Athletic Training Education Program at George Mason prepares students to successfully complete the athletic training Board of Certification (BOC) Examination. The practice of athletic training is regulated in 49 states.

A hallmark of the program is the extensive clinical experience that students receive. Students take part in more than 1,000 hours of clinical education, delivering patient care at schools, colleges, and sports medicine rehabilitation clinics. Students may also take advantage of clinical education opportunities with professional sports teams, police and fire departments, physician offices, and dance medicine specialists.

George Mason’s Athletic Training Education Program is nationally accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

- Earn a BS in Athletic Training
- About this program: rht.gmu.edu/atep

UP CLOSE

A Mason athletic training student’s quick actions helped save a high school wrestler’s life: rht.gmu.edu/rht1

HEALTH AND PHYSICAL EDUCATION

Students interested in becoming health and physical education teachers are invited to enroll in the Health and Physical Education program at George Mason. The undergraduate program stresses the teaching standards established by the Society of Health and Physical Educators (SHAPE) America.

Students who successfully complete the program fulfill Virginia’s academic licensure requirements to teach health and physical education at the elementary, middle, and high school grades. This dual licensure—in both health and physical education at both the elementary and secondary levels—gives Mason graduates an edge. An add-on endorsement in driver education is also available.

Each student in the program takes part in multiple field experiences to practice teaching under the supervision of carefully chosen master teachers. Job opportunities are abundant as the Virginia Department of Education has listed health and physical education as one of ten “critical teaching shortage areas.” The profession offers the benefits of a physically active career plus the opportunity to know students well and teach them to pursue physically active lives.

The Health and Physical Education program at George Mason is accredited by the Virginia Department of Education and the National Council for Accreditation of Teacher Education (NCATE).

- Earn a BSEd in Physical Education
- About this program: rht.gmu.edu/phed

UP CLOSE

What’s it like to student-teach a physical education class? This Mason student provides an inside look: rht.gmu.edu/rht2
KINESIOLOGY

The mission of the Kinesiology program is to provide a comprehensive approach to the scientific study of human movement.

The program is a popular major at George Mason, with an increasing number of students choosing it each year. The rigorous program prepares students to become professionals who have the knowledge, skills, and abilities to enhance physical performance, fitness, and general well being across the age spectrum.

Students learn about evidence-based knowledge and its practical application through classroom, laboratory, research, and field experiences. This well-rounded approach prepares students for many careers and is also excellent preparation for those interested in entering medical school or in pursuing graduate study in kinesiology or physical therapy.

The Kinesiology program at George Mason is one of the few in the country to be recognized by both the National Strength and Conditioning Association (NSCA) and accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

- Earn a BS in Kinesiology
- About this program: rht.gmu.edu/kine

UP CLOSE
One Mason student met the most amazing people during her internship at Walter Reed National Military Medical Center:

rht.gmu.edu/rht3
SRHT PROGRAMS ARE NATIONALLY ACCREDITED

Many programs in the School of Recreation, Health, and Tourism are nationally accredited by their respective professional associations and governing bodies.

Accreditation means that the program meets the high academic standards set by the discipline. These reflect what the profession considers essential for a person to know and be able to do to function successfully within the field.

Graduating from an accredited program is important for students seeking employment in health-related fields. Accreditation is a measure of academic quality and is used as a tool that serves the public interest by helping ensure that the workforce providing health care services is well prepared and qualified.

Accreditations:
- Commission on Accreditation of Athletic Training Education
- Commission on Accreditation of Allied Health Education Programs
- Council on Accreditation of Parks, Recreation, Tourism and Related Professions
- National Council for Accreditation of Teacher Education
- National Council for Therapeutic Recreation Certification

RECREATION MANAGEMENT

The Recreation Management program is often the first choice of students looking for a profession where they can make a difference in people’s quality of life, health, and well being. The program incorporates lessons in planning, policy, marketing, and management.

Two concentrations are available: Parks and Outdoor Recreation or Therapeutic Recreation. Graduates of each track are eligible to sit for their respective professional certification exams.

Parks and Outdoor Recreation concentration

This concentration resonates with students who enjoy the outdoors. The course work delves into: the interactions of people with outdoor resources; best practices in managing events, facilities, and natural resources; and business skills required to pursue management careers in the field. The program is accredited by the Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT).

- Earn a BS in Health, Fitness, and Recreation Resources with a concentration in Parks and Outdoor Recreation
- About this program: rht.gmu.edu/por

UP CLOSE

This Mason student’s assignment not only got an “A” but received funding from Outdoor Nation: rht.gmu.edu/rht4

Therapeutic Recreation concentration

A recreational therapist uses numerous activities, interventions, and techniques to improve the physical, cognitive, emotional, social, and leisure needs of clients. The course work in this concentration prepares students for careers in recreation settings, senior and adult health care, nonprofit organizations, and educational and clinical organizations.
TOURISM AND EVENTS MANAGEMENT

Northern Virginia is sometimes referred to as the “Silicon Valley of Hospitality,” and with good reason. A significant number of multinationals have headquarters in the area (Hilton, Marriott, and Choice, among others) and the Washington, D.C. tourism industry is nearby.

With the capital region as a backdrop, students in the Tourism and Events Management program study, learn, and experience how to prepare for successful careers in tourism, events, and hospitality management. The curriculum provides students with professional knowledge and skills in the areas of administration, marketing, finance, research methods, law, sustainability, and more.

Each student in the program chooses one of three concentrations—Events Management, Hospitality Management, or Tourism Management—and learns about the field firsthand from industry leaders, internship experiences, and career networking opportunities.

SPORT MANAGEMENT

You can have an exciting and lasting career in sports, even if you’re not a professional athlete! The Sport Management program at George Mason shows students how, by providing professional preparation for the $470+ million sport industry.

The course work covers multiple aspects of sport management, including marketing, law, leadership, communication, finance, sponsorships, ethics, and event management for international, professional, intercollegiate, and community sports. The comprehensive curriculum is based on the Commission on Sport Management Accreditation content standards. In addition, faculty members from the Sport Management program offer students insider access to sought-after internships where they can build their professional networks and skills.

LEARN MORE AT: rht.gmu.edu
TEN UNDERGRADUATE MINORS

You can choose from among ten minors offered by the School of Recreation, Health, and Tourism. With careful planning, most students have room in their schedules for one of the minors below, several of which are offered in cooperation with other George Mason schools and colleges.

Having a minor offers you the opportunity to explore a field you have a special interest in (such as Sport Management). Minors can also be a boost to your resume when employers see that you’ve gained specialized skills and training (such as Coaching). In addition, a minor (such as Kinesiology) can help you stand out from the crowd if you intend to apply for graduate school.

To speak with an SRHT advisor to learn more about minoring in one of the areas below, visit us on the web at rht.gmu.edu/minors or email srht@gmu.edu.

COACHING
Examine the philosophical, pedagogical, physiological, psychological, and managerial aspects of sport coaching. This minor also offers the opportunity to obtain coaching certification.

- 18 credits
- About this program: rht.gmu.edu/minor/coaching

HEALTH PROMOTION
Learn about health behavior theory, health communication, and the skills required to address specific audiences and contemporary health issues.

- 18–19 credits
- About this program: rht.gmu.edu/minor/hp

KINESIOLOGY
Gain fundamental knowledge of exercise science, including anatomy, exercise physiology, nutrition, and fitness programming and testing.

- 17 credits
- About this program: rht.gmu.edu/minor/kine

PARKS, RECREATION, AND LEISURE STUDIES
Learn about the role of leisure in individual and community well-being, and how to plan, lead, and evaluate park resources and recreation programs in an inclusive environment.

- 18 credits
- About this program: rht.gmu.edu/minor/prls

SPORT AND AMERICAN CULTURE
Acquire a more critical understanding of the role of sport in American culture and how it is interconnected with other societal institutions. This minor is offered jointly with the Department of History and Art History.

- 18 credits
- About this program: rht.gmu.edu/minor/sac

SPORT AND COMPUTER GAME DESIGN
Combine sport management knowledge and computer game design course work as it relates to the growing video game industry. This interdisciplinary minor, offered in collaboration with the College of Visual and Performing Arts, is the country’s first.

- 18 credits
- About this program: rht.gmu.edu/minor/scg

SPORT COMMUNICATION
Gain an understanding of topics such as sport mass media, sport communication, interpersonal and organizational communication, sport ethics, public relations, and marketing. This minor is offered jointly with the Department of Communication.

- 18 credits
- About this program: rht.gmu.edu/minor/sc
SPORT MANAGEMENT
Learn about the theoretical as well as applied aspects of management within the sports industry, including economics and finance, law, ethics, marketing, global perspectives, and more.

- 18 credits
- About this program: rht.gmu.edu/minor/spmt

SUSTAINABILITY STUDIES
Examine sustainability concepts, social issues related to the use of natural resources, and ethical issues raised by human interactions with the environment.

- 16 credits
- About this program: rht.gmu.edu/minor/sustain

TOURISM AND EVENTS MANAGEMENT
Understand the dynamics of travel and tourism, the key components of sustainable tourism development, and how to manage, plan, implement, and evaluate special events.

- 15 credits
- About this program: rht.gmu.edu/minor/tem

SRHT MINORS
- Coaching
- Health Promotion
- Kinesiology
- Parks, Recreation, and Leisure Studies
- Sport and American Culture*
- Sport and Computer Game Design*
- Sport Communication*
- Sport Management
- Sustainability Studies*
- Tourism and Events Management

FULLY ON-LINE MINOR
When you have the interest but not necessarily the time, online courses can be a great way to meet the requirements for earning a minor. The following minor can be earned through fully online courses.

- Tourism and Events Management

UNDERGRADUATE CERTIFICATE
- Outdoor Recreation and Experiential Leadership*
  This certificate teaches skills in outdoor activities such as backpacking, rock climbing, kayaking, and challenge courses. Certifications are available for low-and high-element facilitators and wilderness first responders.

*These areas of study are interdisciplinary and offered in cooperation with other George Mason University academic departments.
In the School of Recreation, Health, and Tourism, there is a direct connection between your course work and your planned career. Every program requires fieldwork or internships so you can gain on-the-job experience even before you graduate.

You’ll be prepared for practitioner and management roles in a variety of settings including public, private, government, education, and non profit. Graduates are positioned to inform policy, promote economic development, advocate stewardship of natural resources, and improve the quality of life of individuals, families, and communities at the local, national, and international level.

The following are among the occupations and employment settings associated with majors in the School of Recreation, Health, and Tourism. Note that some of these options may require additional training or education. Use this list as a starting point to inspire your choice of a career path!

**CAREERS IN THE FIELD for SRHT Graduates**

**Athletic Training**
- Colleges and universities
- Fitness and recreation sports centers
- Hospitals
- Military
- Physician offices
- Secondary and high schools
- Sports medicine clinics

**Health and Physical Education**
- K-12 schools
- Professional associations
- School administration

**Kinesiology**
- Biomechanist
- Clinical exercise (cardiac rehabilitation, diabetes, obesity)
- Community health and fitness promotion
- Community and recreation centers
- Corporate fitness
- Exercise equipment sales
- Fitness instructor
- Mind-body studies (massage therapy, yoga)
- Performance specialist
- Personal training
- Pharmaceutical sales
- Senior activity center
- Sport coach
- Sport and exercise nutrition
- Sport science
- Strength and conditioning coach
Dayton Moore, general manager of the Kansas City Royals, was a baseball player and physical education major at George Mason University, where he also earned a master’s degree in athletic administration. He returns often to campus to speak with students.
FOUR GRADUATE DEGREES

The School of Recreation, Health, and Tourism (SRHT) offers graduate students the opportunity to earn master’s degrees as well as a doctoral degree. The graduate program meets the growing demand from students and professionals who wish to pursue advanced study or more effectively serve their industries and communities. To speak with an advisor regarding these programs, please contact us via email at srhtgrad@gmu.edu.

MED IN CURRICULUM AND INSTRUCTION, ADVANCED STUDIES IN TEACHING AND LEARNING
Physical Education Concentration

This master’s degree program is for practicing health and physical education teachers. It features advanced course work offered through Mason’s Graduate School of Education. The program leads to a master’s degree in Curriculum and Instruction, Advanced Studies in Teaching and Learning: Physical Education Concentration. The master’s degree does not fulfill licensure requirements.

- 30 credits
- About this program: rht.gmu.edu/pe

MS IN EXERCISE, FITNESS, AND HEALTH PROMOTION

This program takes a science-based approach toward the fields of allied health and human performance. Focus areas include athletic training, biomechanics, and strength and conditioning. The master’s degree course work promotes scholarly inquiry and cultivates professionals capable of understanding and applying evidence-based scientific principles in their profession. The program offers students the traditional research master’s thesis or a research project option.

- 36 credits
- About this program: rht.gmu.edu/efhp

MS IN SPORT AND RECREATION STUDIES

Students in this master’s program choose from among the following five concentrations, depending on their area of interest.

International Sport Management concentration
Focuses on meeting the needs of sport-related professionals who seek to work in global organizational environments that demand intercultural competencies and skills.

Recreation Administration concentration
Prepares graduates to assume mid- to upper-level administrative positions in park and recreation organizations and industries. Graduates are able to think conceptually and analytically and learn to positively impact the professional practices and policies in the field as well as the quality of life in the communities they serve.

Sport Coaching concentration
Provides students with the advanced skills and knowledge to meet the challenges of coaching in elementary and secondary schools, colleges, and universities.

Sport and Leisure Studies concentration
Emphasizes the historical, critical, socio-cultural, and theoretical analysis of sport and leisure issues. This concentration also includes course work that considers the ways in which sport and leisure interact with social aspects of life, with a focus on diversity and inclusion.

Sport Management concentration
Meets the growing needs and demands of national sport organizations, multinational corporations, and businesses seeking to hire educated and culturally aware professionals prepared to work in the diverse, complex, and rapidly changing sport industry.

- 30 credits
- About this program: rht.gmu.edu/srst
SRHT GRADUATE DEGREES

- MEd in Curriculum and Instruction with a concentration in Advanced Studies in Teaching and Learning: Physical Education
- MS in Exercise, Fitness, and Health Promotion
- MS in Sport and Recreation Studies with concentrations in:
  - International Sport Management
  - Recreation Administration
  - Sport Coaching
  - Sport and Leisure Studies
  - Sport Management
- PhD in Education with a specialization in Exercise, Fitness, and Health Promotion

TUITION DISCOUNTS FOR GRADUATE STUDENTS

Students who enroll in a SRHT graduate program may qualify for the following tuition discounts! These discounts are only available to graduate students in George Mason’s College of Education and Human Development (which includes the School of Recreation, Health, and Tourism).

- For Virginia schools employees
  If you work in a PreK–12 school located in Virginia, you can apply to receive a 15% discount off of the regular in-state tuition rate. This discount applies to teachers, coaches, and other school employees and results in a reduction of more than $200 for a 3-credit graduate-level course. See details at cehd.gmu.edu/teachva.

- For out-of-state students
  It you’re an out-of-state student, you will automatically receive an approximately 45% discount off of the regular out-of-state tuition rate. No application is necessary. This discount results in a reduction of more than $1,500 for a 3-credit graduate-level course. See details at cehd.gmu.edu/news/stories/tuition-discounts.

LEARN MORE AT: rht.gmu.edu
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