

HEALTH, FITNESS, AND RECREATION RESOURCES, BS

Banner Code: E1-BS-HFRR

Academic Advising

Parks and Outdoor Recreation Concentration

Phone: 703-993-9923

Fairfax campus: 213 Krug Hall

Website: <https://srtm.gmu.edu/recreation-management/parks-outdoor-recreation> (<https://srtm.gmu.edu/recreation-management/parks-outdoor-recreation/>)

Therapeutic Recreation Concentration

Phone: 703-993-9923

Fairfax campus: 213 Krug Hall

Website: <https://srtm.gmu.edu/recreation-management/therapeutic-recreation-concentration> (<https://srtm.gmu.edu/recreation-management/therapeutic-recreation-concentration/>)

Sport Management Concentration

Phone: 703-993-5200

Email: mgnoleba@gmu.edu

Fairfax campus: 213B Krug Hall

Website: <https://srtm.gmu.edu/sport-management/degree-options/degree-requirements> (<https://srtm.gmu.edu/sport-management/degree-options/degree-requirements/>)

This 120-credit degree allows students to specialize in one of three varied concentrations:

- Concentration in Parks and Outdoor Recreation (Green Leaf program (<http://catalog.gmu.edu/student-services/green-leaf-programs-courses/>))
- Concentration in Sport Management
- Concentration in Therapeutic Recreation

Admissions & Policies

Policies

For policies governing all undergraduate degrees, see Academic Policies (<http://catalog.gmu.edu/policies/academic/>). Students should also review Mason Core (<http://catalog.gmu.edu/mason-core/>) requirements.

Internship Application

The internship is a 12-credit capstone course taken at the end of a student's academic program. Students must have earned 90 credit hours and met the specific prerequisites for their concentration to be eligible for the internship (see PRLS 490 Recreation Management Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>), and SPMT 490 Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>). The internship is designed to be a capstone experience for each student in his or her specific concentration area.

The internship process begins with a mandatory meeting hosted by the internship coordinator. During the preliminary phase students will develop learning goals and consult with faculty on viable internship sites. Once the internship site has been selected, the student must complete 400 hours of an applied experience in their field of study for

Sport Management and Parks and Outdoor Recreation. Therapeutic Recreation (TR) requires a 560-hour, sixteen consecutive week field placement experience in therapeutic recreation services under a certified therapeutic recreation therapist (CTRS) using the therapeutic recreation process.

Throughout the internship for all programs, the student will be monitored by a site supervisor (CTRS for therapeutic recreation), as well as a university supervisor, to facilitate a meaningful experience.

Requirements

Degree Requirements

Total credits: 120

This is a Green Leaf program.

Concentration in Parks and Outdoor Recreation (POR)

This concentration within the Recreation Management program explores the contribution of recreation and parks to public well-being and quality of life. The curriculum includes courses in natural resources management, outdoor recreation programming, and environmental education. The Recreation Management program is accredited by the Council on Accreditation of Parks, Recreation, Tourism and Related Professions. Graduates of this career ready program are employed in national, state, and local recreation and park agencies, non-profit organizations, and private and commercial operations. Students complete both a supervised practicum and internship in professional settings.

Mason Core

Code	Title	Credits
Written Communication (http://catalog.gmu.edu/mason-core/#written)		6
Oral Communication (http://catalog.gmu.edu/mason-core/#oral)		3
Information Technology (http://catalog.gmu.edu/mason-core/#information-technology)		3
Quantitative Reasoning:		
STAT 250	Introductory Statistics I (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Literature (http://catalog.gmu.edu/mason-core/#literature)		
Arts (http://catalog.gmu.edu/mason-core/#arts)		3
Western Civilization/World History (http://catalog.gmu.edu/mason-core/#western-civilization-world-history)		
Social and Behavioral Sciences (http://catalog.gmu.edu/mason-core/#social-behavioral-science)		3
Global Understanding (http://catalog.gmu.edu/mason-core/#global)		3
Natural Science (http://catalog.gmu.edu/mason-core/#natural-science)		8
Synthesis/Capstone ¹		
Total Credits		38

¹ Met by PRLS 490 Recreation Management Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>), a program requirement

Professional Sequence

Code	Title	Credits
ATEP 120	First Aid and Emergency Care	2
PRLS 210	Introduction to Recreation and Leisure	3
PRLS 241	Practicum	3
PRLS 300	People with Nature	3
PRLS 302	Park Management and Operations	3
PRLS 310	Program Planning and Evaluation	3
PRLS 316	Leadership and Outdoor Education	3
PRLS 317	Social Psychology of Play and Recreation	3
PRLS 323	Program Leadership and Evaluation	3
PRLS 327	Foundations of Therapeutic Recreation	3
PRLS 362	Cultural and Environmental Interpretation	3
PRLS 402	Human Behavior in Natural Environments	3
PRLS 405	Planning and Operation of Recreation Facilities	3
PRLS 410	Administration of SRT Organizations I	3
PRLS 411	Administration of SRT Organizations II	3
PRLS 460	Sport and Recreation Law	3
PRLS 490	Recreation Management Internship (Mason Core) (http://catalog.gmu.edu/mason-core/)	12
PRLS 501	Introduction to Natural Resources Law	3
SRST 200	History of Sport and Leisure in America	3
SRST 450	Research Methods (Satisfies the university Writing Intensive requirement)	3
Total Credits		68

Electives

Code	Title	Credits
Select an additional 14 credits from:		14
Any course, including Physical Activity for Lifetime Wellness courses (http://catalog.gmu.edu/courses/)		
Or a minor (http://catalog.gmu.edu/programs/#filter=filter_29)		
Total Credits		14

Concentration in Sport Management (SPMT)

This concentration enhances the professional development of liberal arts-educated students, thereby preparing them to assume entry-level managerial positions in the multi-billion dollar sport industry, including private enterprises, government or public employment sectors, nonprofit or voluntary agencies, and commercial sport ventures. Preparation in sport marketing, sales, finance, ethics, sport communications, economics, law, operations, planning, and program leadership fosters the skills that enhance students' acquisition and advancement in sport management careers. An integral part of the program is the opportunity to complete two field experiences in sport organizations: a part-time practicum and a full-time internship.

Mason Core

Code	Title	Credits
	Written Communication (http://catalog.gmu.edu/mason-core/#written)	6

	Oral Communication (http://catalog.gmu.edu/mason-core/#oral)	3
	Information Technology (http://catalog.gmu.edu/mason-core/#information-technology)	3
Quantitative Reasoning:		
STAT 250	Introductory Statistics I (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Literature (http://catalog.gmu.edu/mason-core/#literature)		3
Arts (http://catalog.gmu.edu/mason-core/#arts)		3
Western Civilization/World History (http://catalog.gmu.edu/mason-core/#western-civilization-world-history)		3
Social and Behavioral Sciences (http://catalog.gmu.edu/mason-core/#social-behavioral-science)		3
Global Understanding (http://catalog.gmu.edu/mason-core/#global)		3
Natural Science (http://catalog.gmu.edu/mason-core/#natural-science)		7
Synthesis/Capstone ¹		
Total Credits		37

¹ Met by SPMT 490 Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>), a program requirement

Professional Sequence

Code	Title	Credits
SPMT 201	Introduction to Sport Management	3
SPMT 241	Practicum	3
SPMT 302	Philosophical and Ethical Dimensions of Sport	3
SPMT 304	Sport, Culture, and Society	3
SPMT 405	Sport Venues and Events	3
SPMT 412	Sport Marketing and Sales	3
SPMT 420	Economics and Finance in the Sport Industry	3
SPMT 430	Sport Communication	3
SPMT 440	Global Perspectives in Sport	3
SPMT 455	Governance and Policy in Sport Organizations	3
SPMT 462	Sport Business Law	3
or PRLS 460	Sport and Recreation Law	
SPMT 470	Strategic Management and Leadership in Sport Organizations	3
SPMT 475	Sport Management Professional Development Seminar	3
SPMT 490	Internship (Mason Core) (http://catalog.gmu.edu/mason-core/)	12
SRST 200	History of Sport and Leisure in America	3
SRST 450	Research Methods	3
Total Credits		57

Guided Electives

Code	Title	Credits
Select 9 credits from the following:		9
SPMT courses (http://catalog.gmu.edu/courses/spmt/)		
SRST courses (http://catalog.gmu.edu/courses/srst/)		

SPMT 480	Special Topics in Sport Management	
Total Credits		9

Electives

Code	Title	Credits
Select an additional 17 credits from any course. (http://catalog.gmu.edu/courses/)		17
Total Credits		17

Concentration in Therapeutic Recreation (TR)

This concentration within the Recreation Management program teaches a holistic approach to the treatment for people with disabilities across the lifespan. Completion of the therapeutic recreation (TR) foundation, issues, processes, programming and assessment courses to name a few, as well as an internship supervised by a Certified Therapeutic Recreation Specialist (CTRS), prepares graduating seniors to sit for the national exam sponsored by the National Council for Therapeutic Recreation Certification (<http://nctrc.org/>) and become a CTRS. The Recreation Management program is accredited by the Council on Accreditation of Parks, Recreation, Tourism and Related Professions. Graduates find employment in clinical and community settings; senior and adult health care; non-profit organizations; and schools.

Mason Core

Code	Title	Credits
Written Communication (http://catalog.gmu.edu/mason-core/#written)		6
Oral Communication (http://catalog.gmu.edu/mason-core/#oral)		3
Information Technology (http://catalog.gmu.edu/mason-core/#information-technology)		3
Quantitative Reasoning:		
STAT 250	Introductory Statistics I (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Literature (http://catalog.gmu.edu/mason-core/#literature)		3
Arts (http://catalog.gmu.edu/mason-core/#arts)		3
Western Civilization/World History (http://catalog.gmu.edu/mason-core/#western-civilization-world-history)		3
Social and Behavioral Sciences:		
PSYC 100	Basic Concepts in Psychology (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
Global Understanding (http://catalog.gmu.edu/mason-core/#global)		3
Natural Science:		
BIOL 124	Human Anatomy and Physiology	4
BIOL 125	Human Anatomy and Physiology	4
Synthesis/Capstone ¹		
Total Credits		38

¹ Met by PRLS 490 Recreation Management Internship (Mason Core) (<http://catalog.gmu.edu/mason-core/>), a program requirement

Professional Sequence

Code	Title	Credits
ATEP 120	First Aid and Emergency Care	2
KINE 450	Research Methods (Satisfies the university Writing Intensive requirement)	3

PRLS 210	Introduction to Recreation and Leisure	3
PRLS 241	Practicum	3
PRLS 310	Program Planning and Evaluation	3
PRLS 316	Leadership and Outdoor Education	3
PRLS 317	Social Psychology of Play and Recreation	3
PRLS 323	Program Leadership and Evaluation	3
PRLS 327	Foundations of Therapeutic Recreation	3
PRLS 405	Planning and Operation of Recreation Facilities	3
PRLS 410	Administration of SRT Organizations I	3
PRLS 411	Administration of SRT Organizations II	3
PRLS 416	Trends and Programming Assessment in Therapeutic Recreation	3
PRLS 417	Processes, Techniques and Supervision in Therapeutic Recreation	3
PRLS 418	Assessment in Therapeutic Recreation	3
PRLS 460	Sport and Recreation Law	3
PRLS 490	Recreation Management Internship (Mason Core) (http://catalog.gmu.edu/mason-core/)	12
PRLS 503	Administration and Disability Rights in Therapeutic Recreation	3
PSYC 211	Developmental Psychology (Mason Core) (http://catalog.gmu.edu/mason-core/)	3
PSYC 325	Abnormal Psychology	3
SRST 200	History of Sport and Leisure in America	3
Total Credits		71

Electives

Code	Title	Credits
Select an additional 11 credits from any course, including: (http://catalog.gmu.edu/courses/)		11
Physical Activity for Lifetime Wellness courses (http://catalog.gmu.edu/colleges-schools/education-human-development/recreation-health-tourism/)		
ATEP 201	Medical and Scientific Terminology	
Minor in Psychology (http://catalog.gmu.edu/colleges-schools/humanities-social-sciences/psychology/psychology-minor/)		
Total Credits		11

4-Year Plan

Bachelor of Science in Health, Fitness, and Recreation Resources Sample Plan of Study

The sample plan below is a recommended sequencing of courses based on pre-requisites and scheduling. This may not fit every student's needs and is a guideline, not a requirement. Students should confirm major requirements with their academic advisor and with PatriotWeb Degree Evaluation to ensure they enroll in the proper courses and are on track to graduate.

Concentration in Parks and Outdoor Recreation

(To be supplemented by Mason Core and Electives)

First Year

Fall Semester	Credits	Spring Semester	Credits
PRLS 210	3	ATEP 120	2
SRST 200	3		
		6	2

Second Year

Fall Semester	Credits	Spring Semester	Credits
PRLS 300	3	PRLS 241	3
PRLS 310	3	PRLS 317	3
PRLS 316	3	PRLS 327	3
		PRLS 323	3
		9	12

Third Year

Fall Semester	Credits	Spring Semester	Credits
PRLS 302	3	PRLS 402	3
PRLS 405	3	SRST 450	3
PRLS 410	3	PRLS 460	3
STAT 250	3	PRLS 362	3
		12	12

Fourth Year

Fall Semester	Credits	Spring Semester	Credits
PRLS 411	3	PRLS 490	12
PRLS 501	3		
		6	12

Total Credits 71

Detailed four year plans and degree planning checklists can be found at <https://advising.gmu.edu/current-student/majors-at-mason/>.

Concentration in Sport Management

(To be supplemented by Mason Core and Electives)

First Year

Fall Semester	Credits	Spring Semester	Credits
SPMT 201	3	SRST 200	3
		3	3

Second Year

Fall Semester	Credits	Spring Semester	Credits
SPMT 302	3	SPMT 241	3
SPMT 304	3	SPMT Guided Elective 2	3
SPMT Guided Elective 1	3	STAT 250	3
		9	9

Third Year

Fall Semester	Credits	Spring Semester	Credits
SPMT 405	3	SPMT 440	3
SPMT 412	3	SRST 450	3
SPMT 420	3	SPMT 455	3
SPMT 430	3	SPMT Guided Elective 3	3
		12	12

Fourth Year

Fall Semester	Credits	Spring Semester	Credits
SPMT 470	3	SPMT 490	12
SPMT 462 or PRLS 460	3		
SPMT 475	3		
		9	12

Total Credits 69

Detailed four year plans and degree planning checklists can be found at <https://advising.gmu.edu/current-student/majors-at-mason/>.

Concentration in Therapeutic Recreation

(To be supplemented by Mason Core and Electives)

First Year

Fall Semester	Credits	Spring Semester	Credits
PRLS 210	3	BIOL 124	4
PSYC 100	3	PRLS 327	3
SRST 200	3	PSYC 211	3
		9	10

Second Year

Fall Semester	Credits	Spring Semester	Credits
ATEP 120	2	PRLS 241	3
BIOL 125	4	PRLS 323	3
PRLS 310	3	PRLS 317	3
PRLS 416	3	PRLS 417	3
		12	12

Third Year

Fall Semester	Credits	Spring Semester	Credits
PRLS 316	3	PRLS 418	3
PRLS 410	3	PRLS 460	3
PSYC 325	3	STAT 250	3
		9	9

Fourth Year

Fall Semester	Credits	Spring Semester	Credits
PRLS 405	3	PRLS 490	12
PRLS 411	3		
KINE 450	3		

PRLS 503	3	
	12	12

Total Credits 85

Detailed four year plans and degree planning checklists can be found at <https://advising.gmu.edu/current-student/majors-at-mason/>.

Accelerated Master's

Bachelor's Degree (any)/Sport and Recreation Studies, Accelerated MS

Overview

Qualified Mason undergraduates may be admitted to a bachelor's/accelerated master's program and obtain a BA or BS in any degree area and a Sport and Recreation Studies, MS. See AP.6.7 Bachelor's/Accelerated Master's Degree (<http://catalog.gmu.edu/policies/academic/graduate-policies/#ap-6-7>) for policies related to this option.

Application Requirements

Applicants to all graduate programs at George Mason University must meet the admission standards and application requirements for graduate study as specified in Graduate Admissions Policies (<http://catalog.gmu.edu/admissions/graduate-policies/>). Additionally, applicants must have an overall GPA of at least 3.00. See the Accelerated Master's Admissions (<https://www2.gmu.edu/admissions-aid/how-apply/accelerated-masters/>) webpage to apply.

Accelerated Option Requirements

During their senior year, students complete three to six graduate credits in consultation with the academic program coordinator that apply to both the bachelor's and master's degrees. These courses are considered advanced standing for the master's. A minimum grade of B must be earned to be eligible to count as advanced standing. While still in undergraduate status, students may take up to six graduate credits that are reserve graduate credit and therefore, are applicable to the master's but do not count toward the undergraduate degree. Early in their final undergraduate semester, students must submit the Bachelor's/Accelerated Master's Transition Form to the CEHD Admissions Office and specify which courses are to be designated as advanced standing and reserve graduate credit.

Bachelor's Degree (selected)/Environmental Science and Policy, Accelerated MS

Overview

This degree option allows highly qualified George Mason University students to earn an Environmental Science and Policy, MS (<http://catalog.gmu.edu/colleges-schools/science/environmental-policy/environmental-science-policy-ms/>) in less time than if they had first graduated with an environmentally-focused Green Leaf-designated (<http://catalog.gmu.edu/student-services/green-leaf-programs-courses/>) BA or BS degree and then applied to the MS program sequentially.

For more detailed information, see AP.6.7 Bachelor's/Accelerated Master's Degrees (<http://catalog.gmu.edu/policies/academic/graduate-policies/#ap-6-7>). For policies governing all graduate programs, see AP.6

Graduate Policies (<http://catalog.gmu.edu/policies/academic/graduate-policies/>).

Admission Requirements

Students with an overall GPA of at least 3.20 who are pursuing any Green Leaf-designated (<http://catalog.gmu.edu/student-services/green-leaf-programs-courses/>) major or minor may apply for provisional acceptance into this accelerated master's program after completing two semesters of chemistry (including CHEM 211 General Chemistry I (Mason Core) (<http://catalog.gmu.edu/mason-core/>) and CHEM 212 General Chemistry II (Mason Core) (<http://catalog.gmu.edu/mason-core/>) and three semesters of biology, including a course in ecology, or the equivalent, for example:

Code	Title	Credits
Select one of the following options:		
Option 1:		
BIOL 213	Cell Structure and Function (Mason Core) (http://catalog.gmu.edu/mason-core/)	13
BIOL 214	Biostatistics for Biology Majors	
BIOL 308	Foundations of Ecology and Evolution	
Option 2:		
EVPP 210	Environmental Biology: Molecules and Cells	13
EVPP 301	Environmental Science: Biological Diversity and Ecosystems	
EVPP 302	Environmental Science: Biomes and Human Dimensions	
EVPP 305	Environmental Microbiology Essentials	
EVPP 306	Environmental Microbiology Essentials Laboratory	
Option 3:		
CONS 401	Conservation Theory	6 credits of BIOL or CONS electives
CONS 402	Applied Conservation	

By the beginning of the undergraduate's senior year, they should first submit a Graduate Application for Accelerated Master's Program form (obtained from the Office of Academic and Student Affairs (<https://cos.gmu.edu/about/contact-us/>)). Secondly, in their senior year accelerated master's students must complete the two graduate courses indicated on their Accelerated Master's Program Application with a minimum grade of 3.00 in each course. They must maintain a minimum GPA of 3.00 in all coursework and in coursework applied to their major. Upon completion and conferral of the undergraduate degree in a Green Leaf-designated (<http://catalog.gmu.edu/student-services/green-leaf-programs-courses/>) program, in the semester indicated in the application, they must additionally submit the Bachelor's/Accelerated Master's Transition form (found on the Office of the University Registrar website (<http://registrar.gmu.edu/forms/>)) and will subsequently be admitted into graduate status.

By at least the beginning of their senior year, they should seek out a faculty member in the Department of Environmental Science and Policy (<http://catalog.gmu.edu/colleges-schools/science/environmental-policy/#facultytext>) who is willing to serve as their advisor. This advisor will aid the student in choosing the appropriate graduate courses to take and help to prepare the student for graduate studies. Admission into a research-oriented master's concentration is dependent upon securing the agreement of a faculty advisor. Faculty from a variety of departments and colleges at George Mason (called "program faculty") can serve as

master's advisors. Potential students are encouraged to speak with the graduate program coordinator in the department to obtain guidance on this issue.

Application Requirements

Applicants to all graduate programs at Mason must meet the admission standards and application requirements for graduate study as specified in the Graduate Admission Policies (<http://catalog.gmu.edu/admissions/graduate-policies/>) section of this catalog, *excluding* the GRE exam requirement (which is not required for those enrolled in the accelerated program). This includes three letters of recommendation (at least one from a former professor or someone with a PhD), a recent resume, a statement of interest/research goals and interests (including information on the candidate's proposed MS research), and a letter from their advisor stating that the advisor agrees to take on the candidate as an MS student, how the candidate would be a good fit for them and why candidate's research topic would be suitable.

For information specific to the accelerated Environmental Science and Policy, MS (<http://catalog.gmu.edu/colleges-schools/science/environmental-policy/environmental-science-policy-ms/>), see Graduate Admissions on the department's website (<http://esp.gmu.edu/academic-programs/graduate/admissions/>).

Reserve Graduate Credits

Students admitted to this program may take graduate courses after completing 90 undergraduate credits, and up to 6 credits of appropriate environmentally-focused graduate coursework may be used in partial satisfaction of the requirements for the undergraduate degree. If students earn at least a 3.00 GPA in these classes, they are granted advanced standing in the master's program and must then complete an additional 27 credits to receive the master's degree.

To apply these credits to the master's degree, students must request that the credits be moved from the undergraduate degree to the graduate degree using the Bachelor's/Accelerated Master's Transition form found on the Office of the University Registrar website (<http://registrar.gmu.edu/forms/>) (as noted above).

Students may take up to 6 additional environmentally-focused graduate credits as reserve graduate credit. These credits do not apply to the undergraduate degree but will reduce the subsequent master's degree credits accordingly (e.g., with 6 credits counted towards undergraduate degree plus the maximum 6 reserve credits, an MS could be completed with 21 post-bachelor's credits). The ability to take courses for reserve graduate credit is available to all high achieving undergraduates with the permission of the department.