

HEALTH, FITNESS, AND RECREATION RESOURCES, BS

Banner Code: E1-BS-HFRR

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

- Concentration in Parks and Outdoor Recreation (Green Leaf program)
- Concentration in Sport Management
- Concentration in Therapeutic Recreation

Admissions & Policies

Policies

For policies governing all undergraduate degrees, see Academic Policies. Students should also review 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, and SPMT 490 Internship). 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

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

| | | |
|------------------------------------|----------------------------------------|---|
| Written Communication | 6 | |
| Oral Communication | 3 | |
| Information Technology | 3 | |
| Quantitative Reasoning: | | |
| STAT 250 | Introductory Statistics I (Mason Core) | 3 |
| Literature | 3 | |
| Arts | 3 | |
| Western Civilization/World History | 3 | |
| Social and Behavioral Sciences | 3 | |
| Global Understanding | 3 | |
| Natural Science | 8 | |
| Synthesis/Capstone ¹ | | |
| Total Credits | 38 | |

¹ Met by PRLS 490 Recreation Management Internship (Mason Core), a program requirement

Professional Sequence

| | | |
|----------------------|---------------------------------------------------------------------------|-----------|
| 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) | 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

| | |
|-----------------------------------------------------------------------|-----------|
| Select an additional 14 credits from: | 14 |
| Any course, including Physical Activity for Lifetime Wellness courses | |
| Or a minor | |
| 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

| | |
|-------------------------------------------------|-----------|
| Written Communication | 6 |
| Oral Communication | 3 |
| Information Technology | 3 |
| Quantitative Reasoning: | |
| STAT 250 Introductory Statistics I (Mason Core) | 3 |
| Literature | 3 |
| Arts | 3 |
| Western Civilization/World History | 3 |
| Social and Behavioral Sciences | 3 |
| Global Understanding | 3 |
| Natural Science | 7 |
| Synthesis/Capstone ¹ | |
| Total Credits | 37 |

¹ Met by SPMT 490 Internship (Mason Core), a program requirement

Professional Sequence

| | |
|---------------------------------------------------------------------|-----------|
| 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) | 12 |
| SRST 200 History of Sport and Leisure in America | 3 |
| SRST 450 Research Methods | 3 |
| Total Credits | 57 |

Guided Electives

| | |
|---------------------------------------------|----------|
| Select 9 credits from the following: | 9 |
| SPMT courses | |
| SRST courses | |
| SPMT 480 Special Topics in Sport Management | |
| Total Credits | 9 |

Electives

| | |
|--------------------------------------------------|-----------|
| Select an additional 17 credits from any course. | 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

| | |
|----------------------------------------------------|-----------|
| Written Communication | 6 |
| Oral Communication | 3 |
| Information Technology | 3 |
| Quantitative Reasoning: | |
| STAT 250 Introductory Statistics I (Mason Core) | 3 |
| Literature | 3 |
| Arts | 3 |
| Western Civilization/World History | 3 |
| Social and Behavioral Sciences: | |
| PSYC 100 Basic Concepts in Psychology (Mason Core) | 3 |
| Global Understanding | 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), a program requirement

Professional Sequence

| | |
|------------------------------------------------------------------------------------|---|
| 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) | 12 |
| PRLS 503 | Administration and Disability Rights in Therapeutic Recreation | 3 |
| PSYC 211 | Developmental Psychology (Mason Core) | 3 |
| PSYC 325 | Abnormal Psychology | 3 |
| SRST 200 | History of Sport and Leisure in America | 3 |
| Total Credits | | 71 |

Electives

| | |
|-------------------------------------------------------------|----|
| Select an additional 11 credits from any course, including: | 11 |
| Physical Activity for Lifetime Wellness courses | |
| ATEP 201 Medical and Scientific Terminology | |
| Minor in Psychology | |
| Total Credits | 11 |

Accelerated Master's

Bachelor's Degree (Green Leaf)/ 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 in less time than if they had first graduated with an environmentally-focused Green Leaf-designated 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. For policies governing all graduate programs, see AP.6 Graduate Policies.

Admission Requirements

Students with an overall GPA of at least 3.20 who are pursuing any Green Leaf-designated 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) and CHEM 212 General Chemistry II (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: | | 13 |

Option 1:

| | |
|----------|------------------------------------------|
| BIOL 213 | Cell Structure and Function (Mason Core) |
| BIOL 214 | Biostatistics for Biology Majors |
| BIOL 308 | Foundations of Ecology and Evolution |

Option 2:

| | |
|----------|------------------------------------------------------------|
| EVPP 210 | Environmental Biology: Molecules and Cells |
| 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:

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|--------------------------------------------------|----------------------|
| CONS 401 | Conservation Theory |
| CONS 402 | Applied Conservation |
| 6 credits of 6 credits of BIOL or CONS electives | |

Option 4:

| | |
|------------------------|---------------------------------|
| CONS 403 | Ecology and Conservation Theory |
| CONS 404 | Biodiversity Monitoring |
| BIOL or CONS electives | |

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 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 who is willing to serve as their advisor (unless the student is planning to enroll in the MS concentration in Environmental Management). 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 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 (please note that a letter of endorsement from an advisor not necessary for candidates taking the Environmental Management concentration).

For information specific to the accelerated Environmental Science and 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 27-31 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.