

HEALTH FITNESS & RECREATION RESOURCES BS (HFRR-RRM) – LASS TRACK

Fall 2009 – Spring 2010

CONTACT INFORMATION

- Honors Program Advisor: Kathleen Alligood (alligood@gmu.edu)
- Department Chair: David Wiggins
- Department Program Coordinator: Linda Krout (lkrout@gmu.edu)

Once students begin attending Mason and declare a major they should see both their Honors College and their major department advisor for advising.

REQUIRED HOURS

- Hours Required in Major: varies depending on concentration
- Hours Required in Honors: see honors advisor
- Total Required Hours: 120
- This major requires a total of 120 credits to graduate, 45 of which must be at the 300-level and above.

ADVISING SHEET

- Honors Program Requirement
- ◆ Department Requirement
- ▲ College Requirement

1 st Year – 1 st Semester (Fall)	Credits
○ HNRS 110: Introduction to Research (Grade C or better required)	4
○ HNRS 125: A Liberal Arts Approach to Calculus ¹	3
○ HNRS 122: Reading the Arts	3
◆ PHED 200: Professional Dimensions for Health, Recreation, and Physical Education	3
◆ HEAL 205: Principles of Accident Causation and Prevention (Sports Management concentration should take SPMT 201: Introduction to Sports Management)	3/4
Semester Total	16-17
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1 st Year – 2 nd Semester (Spring)	
○ HNRS 130: Conceptions of Self	3
◆ STAT 250	3
◆ See Major Dept. For Requirements ³	9
Semester Total	15
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2 nd Year – 1 st Semester (Fall)	
○ HNRS 131: Contemporary Society in Multiple Perspectives	3
○ HNRS 240: Reading the Past	3
○ Science Requirement ²	4
◆ See Major Dept. For Requirements ³	6
Semester Total	16
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2 nd Year – 2 nd Semester (Spring)	
○ Science Requirement ²	4-8
○ HNRS 230: Cross-Cultural Perspectives	3

○ HNRS 353: Technology in the Contemporary World (grade of C or better required)	3
◆ See Major Dept. For Requirements	3-6
Semester Total	16-17
3rd Year – 1st Semester (Fall)	
◆ See Major Dept. For Requirements	15
Semester Total	15
3rd Year – 2nd Semester (Spring)	
◆ See Major Dept. For Requirements	15
Semester Total	15
4th Year – 1st Semester (Fall)	
◆ See Major Dept. For Requirements	15
Semester Total	15
4th Year – 2nd Semester (Spring)	
◆ See Major Dept. For Requirements	12
Semester Total	12
Total Hours	120

NOTES

1. MATH 113 or HNRS 125 fulfill the quantitative reasoning requirement for the Honors Program. Math 113 requires a placement exam. See the Math Department for exam days and times.
2. For those concentrating in Exercise Science, Health Promotion, and Therapeutic Recreation you should take BIOL 124/125 for HNRS 227 and take HNRS 228 (which has no substitutes). For those with a Parks and Outdoor Recreation concentration you should take BIOL 213 and BIOL 303 or BIOL 304. For those taking a Sport Management concentration you should take HNRS 227 (or a substitute: ASTR 111/112, BIOL 103, CHEM 103, GEOL 101, PHYS 103 or 243/244) and HNRS 228 (which has no substitutes).
3. Due to the difference between concentrations in the Health, Fitness, and Recreational Resources you should see your major advisor in your first semester to determine the remainder of your courses required for your major.