

RECREATION, HEALTH, & TOURISM

<http://rht.gmu.edu>

Name and description of the field

The B.S. in Health, Fitness and Recreation Resources prepares students for supervisory and management careers in private and public recreation, fitness management, health education, park systems, and health promotion agencies. Students select one of these Professional Concentrations: **Parks and Outdoor Recreation, Health Promotion, Sports Management, Therapeutic Recreation, Exercise Science, Tourism and Events Management.**

What special skills or abilities are needed to succeed in this major?

- Excellent communication skills
- Respect for the natural environment
- Understanding of economic and political forces
- Understanding and appreciation of both public and private sector roles
- Ability to teach and demonstrate intellectual and/or physical skills
- Ability to develop programs/activities for targeted populations
- Computer literacy
- Analytical and evaluative skills

If both B.A. and B.S. degrees are offered, what are the differences in career/graduate school opportunities?

Only the B.S. is offered.

Is a Minor available? Yes. Tourism and Events Management; Sport Management; Exercise Science; Health Promotion; Parks, Recreation, and Leisure Studies.

What are recent graduates doing?

Recent graduates have gone on to graduate programs in physical therapy, public health, sports medicine, physical and health education. Those who are working are employed in public and private sector positions with titles such as:

Contracts Administrator in Parks Services
Physical Therapist
Asst. Manager for Events
Park Naturalist
Health Education Program Director
Athletic Trainer

Health Educator and Lobbyist
Senior Center Director
Recreation Technical Information Specialist
General Manager
Regional Manager
Senior Manager

Sample of Organizations that have hired RHT graduates:

Idaho State University
Freedom Aquatic and Fitness Center
Alexandria Hospital
National Defense Industrial Association
GMU Athletic Department
Waterford Receptions
Marriott International
U.S. Department of Justice
Fairfax Country Club
Department of Justice
Fairfax County
National Park Service
American Cancer Society

Gainesville Dance Center
Powell Wellness Center
Physician Insurers Association of America
Natl. Recreation & Parks Association
Walt Disney World Resort
Washington Nationals Baseball
Kansas City Royal
LBS Rowing
James Madison University
National Right to Life
Center for Corporate Health
Fairfax County Park Authority

What other resources should students consult for more information?

- National Recreation and Parks Association, Arlington, Virginia
- American Alliance for Health, Physical Education, Recreation and Dance, Reston, Virginia
- Virginia Recreation and Park Association, Richmond, Virginia and comparable state societies or associations
- Virginia Department of Conservation
- Recreation branches or divisions of the National Park Service, National Forest Service, Bureau of Land Management, National Fish and Wildlife Services, U.S. Army Corps of Engineers, U.S. Navy Morale, Welfare and Recreation, and local park and recreation departments, youth service agencies, and private and commercial recreation providers
- Career Services Library, 348 SUB I: Take a copy of the *Where to Start . . .* resource list, which lists printed and online resources to learn more about internships and occupations in Health & Fitness and Recreation Resources.
- At Career Services, register with the PatriotJobWeb computerized database system to access internships in the field. <http://careers.gmu.edu/patriotjobweb>
- Call (703) 993-2370 to meet with a Career Counselor to discuss employment information and options.

Career Library Resources –Go to <http://careers.gmu.edu/careerlibrary/wheretostart/rht.pdf> to see resources located in the in Career Services library, SUB I, 348

Major, Career & Job Hunting InformationOnline (links to the academic department, associations and other useful sites)

– Go to <http://careers.gmu.edu/onlineresources/rht.htm>

What kinds of practical experiences are recommended to explore Health, Fitness, and Recreation Resources further?

- Part-time and summer employment or volunteer service
- Experience in a variety of settings with many different age, race, and ethnic groups and both genders
- Any experience working with the public which requires independence, initiative and responsibility
- Internships/cooperative education positions with health, fitness organizations or national, regional/county parks systems.

Whom should students contact for further information?

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Academic Advising Center
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