

# ADVANCE

A NOVA | GEORGE MASON PARTNERSHIP



A.S. General Studies /  
B.S. Recreation Management  
2026-2027

## A.S. General Studies

### ADVANCE Program Milestones

**ADVANCE Milestone Requirements:** All ADVANCE students must adhere to the following requirements. For Milestones #1-#3, failure to meet these milestones will prevent a student from matriculating to George Mason University and/or result in termination from ADVANCE. For Milestones #4-#7, failure to meet these milestones may delay matriculation to George Mason.

1. Students must graduate with the NOVA degree aligned with their ADVANCE academic pathway within 4 years of being admitted into ADVANCE. Students must ensure they are enrolled in the matching degree.
2. Students must maintain a minimum 2.5 cumulative GPA at NOVA and must have a minimum 2.5 GPA upon matriculation to George Mason.
3. Students who wish to enroll at George Mason for the fall semester must apply for NOVA spring graduation by March 1 or summer graduation by June 1. Students who wish to enroll at George Mason for the spring semester must apply for NOVA fall graduation by October 1.
4. Students must begin developmental coursework no later than the first semester in ADVANCE at NOVA.
5. Students must take first college-level MTH course and ENG 111 in the semester immediately following the completion of any MDE or EDE courses (excluding summer).
6. In the first 30 credits, students must complete ENG 111 and ENG 112 with a C or better.
7. Students must complete a college level math course with a C or better no later than one semester before NOVA graduation. Refer to your pathway to select the appropriate MTH course(s).

	NOVA DEGREE REQUIREMENT	Credits	Courses	GEORGE MASON TRANSFER EQUIVALENT	GEORGE MASON CORE/DEGREE EQUIVALENT
1	SDV Course	1	SDV 100 College Success Skills <b>OR</b> SDV 101 Orientation to XXX	UNIV 100	General Elective
2	ENG 111	3	ENG 111 College Composition I	ENGH XXX	General Elective
3	ITE 152 or CSC 110	3	ITE 152 Introduction to Digital and Information Literacy and Computer Applications <b>OR</b> CSC 110 Principles of Computer Science	IT 104 CS 100	Info Tech
4	MTH 154 or MTH 155 or higher	3	MTH 154 Quantitative Reasoning	MATH 106	Quantitative
5	Science Course #1	4	<b>Therapeutic Recreation concentration:</b> BIO 101 General Biology I <b>Parks &amp; Outdoor Recreation and Individualized concentrations:</b> BIO 101 General Biology I <b>OR</b> CHM 101 Introductory Chemistry <b>OR</b> ENV 121 Foundations of Environmental Science ( <i>recommended</i> ) <b>OR</b> GOL 105 Physical Geology ( <i>recommended</i> ) <b>OR</b> GOL 111 Oceanography I <b>OR</b> PHY 100 Elements of Physics	BIOL 103/105 BIOL 103/105 CHEM 103 EVPP 108/109 GEOL 101/103 GEOL 120/121 PHYS 103	Nat Science
6	CST Course	3	CST 100 Principles of Public Speaking <b>OR</b> CST 110 Introduction to Human Communication	COMM 100 COMM 101	Oral Comm
7	ENG 112	3	ENG 112 College Composition II	ENGH 101	Written Comm
8	HIS Course	3	HIS 101 Western Civilizations Pre-1600 CE <b>OR</b> HIS 102 Western Civilizations Post-1600 CE <b>OR</b> HIS 112 World Civilizations Post-1500 CE ( <i>recommended</i> )	HIST 101T HIST 102T HIST 125	Global History
9	Humanities/Fine Arts #1	3	ART 100 Art Appreciation <b>OR</b> ART 101 History of Art: Prehistoric to Gothic <b>OR</b> ART 102 History of Art: Renaissance to Modern <b>OR</b> CST 130 Introduction to Theatre <b>OR</b> CST 151 Film Appreciation I <b>OR</b> MUS 121 Music in Society	ARTH 101 ARTH 200 ARTH 201 THR 101 ENGH L372 MUSI 101	Arts

10	Science Course #2	4	<b>Therapeutic Recreation concentration:</b> BIO 141 Human Anatomy and Physiology I <sup>1</sup> <b>Parks &amp; Outdoor Recreation and Individualized concentrations:</b> BIO 101 General Biology I <b>OR</b> CHM 101 Introductory Chemistry <b>OR</b> ENV 121 Foundations of Environmental Science <b>OR</b> ENV 122 Applications for Environmental Sci <b>(recommended) OR</b> GOL 105 Physical Geology <b>OR</b> GOL 106 Historical Geology <b>(recommended) OR</b> GOL 111 Oceanography I <b>OR</b> PHY 100 Elements of Physics	BIOL 124  BIOL 103/105 CHEM 103 EVPP 108/109 EVPP 112/113 GEOL 101/103 GEOL 102/104 GEOL 120/121 PHYS 103	Major & Nat Science
11	ENG 200-level literature	3	ENG 225 Reading Literature: Culture and Ideas <b>OR</b> ENG 245 British Literature <b>OR</b> ENG 246 American Literature <b>OR</b> ENG 255 World Literature <b>OR</b> ENG 258 African American Literature <b>OR</b> ENG 275 Women in Literature <b>OR</b> Any 200-Level ENG Literature course <sup>2</sup>	ENGH 202 or FRLN L330 (ENG 255 only)	Literature
12	Transfer Elective #1	3	MTH 245 Statistics I	STAT 250	Major
13	Transfer Elective #2	3	RMGT 210 Recreation and Leisure in Life	RMGT 210	Major
14	Transfer Elective #3	3	SRST 200 History of Sport and Leisure in America	SRST 200	Major
15	Social/Behavioral Sciences #1	3	PSY 200 Principles of Psychology	PSYC 100	Major & Soc/Behav
16	Transfer Elective #4	3	<b>Therapeutic Recreation concentration:</b> PSY 215 Psychopathology <b>Parks &amp; Outdoor Recreation concentrations:</b> BUS 100 Introduction to Business <b>OR</b> BUS 201 Organizational Behavior <b>OR</b> ECO 201 Principles of Macroeconomics <b>OR</b> ECO 202 Principles of Microeconomics <b>OR</b> GEO 210 People and the Land: An Introduction to Cultural Geography <b>OR</b> HIS 121 United States History to 1877 <b>OR</b> HIS 122 United States History Since 1865 <b>OR</b> PLS 135 U.S. Government and Politics <b>OR</b> PSY 230 Developmental Psychology <b>OR</b> SOC 200 Introduction to Sociology <b>OR</b> SOC 211 Cultural Anthropology <b>OR</b> SOC 268 Social Problems	PSYC L325  BUS 100 BUS XXX ECON 104 ECON 103 GGS 103  HIST 121 HIST 122 GOVT 103 PSYC 211 SOCI 101 ANTH 114 SOCI L352	Major or General Elective
17	Transfer Elective #5	3	BUS 100 Introduction to Business <b>OR</b> BUS 201 Organizational Behavior <b>OR</b> ECO 201 Principles of Macroeconomics <b>OR</b> ECO 202 Principles of Microeconomics <b>OR</b> GEO 210 People and the Land: An Introduction to Cultural Geography <b>OR</b> HIS 121 United States History to 1877 <b>OR</b> HIS 122 United States History Since 1865 <b>OR</b> PLS 135 U.S. Government and Politics <b>OR</b> PSY 230 Developmental Psychology <b>OR</b> SOC 200 Introduction to Sociology <b>OR</b> SOC 211 Cultural Anthropology <b>OR</b> SOC 268 Social Problems	BUS 100 BUS XXX ECON 104 ECON 103 GGS 103  HIST 121 HIST 122 GOVT 103 PSYC 211 SOCI 101 ANTH 114 SOCI L352	General Elective

18	Transfer Elective #6	3	GEO 220 World Regional Geography <b>OR</b> HIS 111 World Civilizations Pre-1500 CE <b>OR</b> PHI 100 Introduction to Philosophy <b>OR</b> PHI 220 Ethics and Society <b>OR</b> PLS 140 Introduction to Comparative Politics <b>OR</b> PLS 241 Introduction to International Relations <b>OR</b> PSY 219 Cross-Cultural Psychology <b>OR</b> REL 100 Intro to the Study of Religion <b>OR</b> REL 230 Religions of the World <b>OR</b> REL 237 Religions of the East <b>OR</b> REL 238 Religions of the West	GGG 101 HIST L387T PHIL 100T PHIL 151T GOVT 133 GOVT 132 PSYC L379 RELI 100 RELI 100 RELI 212 RELI 211	General Elective
19	Transfer Elective #7	3	BUS 100 Introduction to Business <b>OR</b> BUS 201 Organizational Behavior <b>OR</b> ECO 201 Principles of Macroeconomics <b>OR</b> ECO 202 Principles of Microeconomics <b>OR</b> GEO 210 People and the Land: An Introduction to Cultural Geography <b>OR</b> HIS 121 United States History to 1877 <b>OR</b> HIS 122 United States History Since 1865 <b>OR</b> PLS 135 U.S. Government and Politics <b>OR</b> PSY 230 Developmental Psychology <b>OR</b> SOC 200 Introduction to Sociology <b>OR</b> SOC 211 Cultural Anthropology <b>OR</b> SOC 268 Social Problems	BUS 100 BUS XXX ECON 104 ECON 103 GGG 103 HIST 121 HIST 122 GOVT 103 PSYC 211 SOCI 101 ANTH 114 SOCI L352	General Elective
20	Social/Behavioral Sciences #2	3	<b>Therapeutic Recreation concentration:</b> PSY 230 Developmental Psychology <b>Parks &amp; Outdoor Recreation concentrations:</b> ECO 201 Principles of Macroeconomics <b>OR</b> ECO 202 Principles of Microeconomics <b>OR</b> GEO 210 People and the Land: An Introduction to Cultural Geography <b>OR</b> HIS 121 United States History to 1877 <b>OR</b> HIS 122 United States History Since 1865 <b>OR</b> PLS 135 U.S. Government and Politics <b>OR</b> PSY 230 Developmental Psychology <b>OR</b> SOC 200 Introduction to Sociology <b>OR</b> SOC 211 Cultural Anthropology	PSYC 211 ECON 104 ECON 103 GGG 103 HIST 121 HIST 122 GOVT 103 PSYC 211 SOCI 101 ANTH 114	Major or General Elective

**A. S. GENERAL STUDIES**

**DEGREE TOTAL** 60

For academic policies and procedures, please see NOVA catalog - <http://www.nvcc.edu/catalog/index.html>

**B.S. Recreation Management**

Students must select a concentration in Parks and Outdoor Recreation, Therapeutic Recreation, or an Individualized concentration. Courses for Individualized concentration requirements must be selected in consultation with a George Mason Recreation Management advisor.

**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 to be eligible for the internship. (See the George Mason catalog for more information:

<https://catalog.gmu.edu/search/?scontext=all&search=RMGT+490>). The internship process begins with a mandatory meeting hosted by the internship coordinator. Once the internship site has been selected, students must complete 400 hours of an applied experience in Parks and Outdoor Recreation.

Therapeutic Recreation requires a 560-hour, fourteen consecutive week field placement experience in therapeutic recreation services under the supervision of a certified therapeutic recreation therapist (CTRS).

	GEORGE MASON DEGREE REQUIREMENT	Credits	Course	GEORGE MASON CORE/DEGREE EQUIVALENT
21	Major Requirements	3	RMGT 310 Program Planning and Evaluation	Major
22	Major Requirements	3	RMGT 316 Leadership and Outdoor Education	Major
23	Major Requirements	3	RMGT 317 Social Psychology of Play and Recreation	Major
24	Concentration Requirements	3	Concentration Requirement <sup>3</sup>	Major

25	Major Requirements	3	RMGT 323 Program Leadership and Evaluation	Major
26	Major Requirements	3	RMGT 327 Foundations of Therapeutic Recreation	Major
27	Major Requirements	3	RMGT 241 Practicum	Major
28	Concentration Requirements	3	Concentration Requirement <sup>3</sup>	Major
29	Major Requirements	3	RMGT 405 Planning and Operation of Recreation Facilities	Major
30	Gen Ed: Written Communication (Upper level)	3	ENGH 302 Advanced Composition	Written Comm
31	Major Requirements	3	RMGT 410 Administration of SRT Organizations I	Major
32	Major Requirements	3	SRTM 412 Sport, Recreation, and Tourism Marketing	Major
33	Major Requirements	3	RMGT 460 Sport and Recreation Law	Major
34	Concentration Requirements	3	Concentration Requirement <sup>3</sup>	Major
35	Major Requirements	3	SRST 450 Research Methods	Writing Intensive
36	Concentration Requirements	3	Concentration Requirement <sup>3</sup>	Major
37	Concentration Requirements	3	Concentration Requirement <sup>3</sup>	Major
38	Concentration Requirements	0-3	<b>Parks and Outdoor Recreation and Individualized concentrations:</b> Concentration Requirement <sup>3</sup> <b>Therapeutic Recreation:</b> Not needed	Major
39	Gen. Ed: Apex	12	RMGT 490 Recreation Management Internship	Apex

## B.S. RECREATION

MANAGEMENT DEGREE 123 -126

TOTAL

Denotes a course that must be taken at George Mason University while attending NOVA. Failure to complete your co-enrollment course(s) while attending NOVA can significantly affect your timeline for George Mason graduation. Please see your ADVANCE Coach for more information and to enroll.

### Important Academic Information:

<sup>1</sup>Students will need a course substitution submitted for BIO 141 to count as a Science course at NOVA.

<sup>2</sup>200-level ENG literature classes include: ENG 225, ENG 230, ENG 236, ENG 237, ENG 245, ENG 246, ENG 250, ENG 255, ENG 256, ENG 257, ENG 258, ENG 271, ENG 275, and ENG 279.

<sup>3</sup>For approved concentration courses, visit <https://catalog.gmu.edu/colleges-schools/education-human-development/school-sport-recreation-tourism-management/recreation-management-bs/#requirements>. Courses that fulfill Individualized concentration requirements must be selected in consultation with a George Mason Recreation Management advisor.

### General Education Waiver Policy and Guidance:

- Students who complete a VCCS transfer associate degree (AS, AA, or AFA) will receive a waiver of the Foundation and Exploration (lower division) Mason Core general education categories, which can be found here: <https://catalog.gmu.edu/mason-core/>. To be eligible for the waiver, the students must provide the George Mason Office of Admissions with a final, official transcript reflecting the degree conferral date. As a prerequisite for ENGH 302, ENGH 101 is not waived. Students must complete ENGH 100 or ENGH 101, or an equivalent, with a C or higher.
- When a course fulfills a Mason Core requirement **and** a major or college requirement (e.g. Major & Quant), students must complete the course listed on the pathway to fulfill the major/college requirement. Courses that fulfill only Mason Core Foundation and Exploration categories are recommendations. In most pathways, ADVANCE students must complete a Quantitative Reasoning course to matriculate through ADVANCE.
- ADVANCE students must complete the associate degree indicated on their pathway (see the ADVANCE Program Milestones listed above). Students who withdraw from ADVANCE and transfer without the associate degree or UCGS are required to complete each Mason Core general education category.

### Additional General Notes & Resources:

- For academic policies and procedures, please see the George Mason catalog - <https://catalog.gmu.edu/policies/>
- Students seeking a bachelor's degree must apply at least 45 credits of upper-level courses (numbered 300 or above) toward graduation.