



CALIFORNIA STATE UNIVERSITY **LONG BEACH**

CO-CURRICULAR ACTIVITIES 2022-2023

Recreation Programs

CSULB provides an extensive recreation and fitness program for all skill and fitness levels. Open recreation, intramurals, club sports and fitness classes provide opportunities for students to participate at all levels. A nominal fee is charged for some activities.

Facilities

Various athletic and kinesiology facilities are available to students for open workouts. There are two gymnasiums for basketball, volleyball and badminton, 12 tennis courts, a running track, two swimming pools, three sand volleyball courts and numerous fields. Check the website for availability.

Intramurals & Wellness*

More than 30 activities are offered throughout the year. Men's, women's and co-ed leagues and tournaments are offered in the following activities at the Student Recreation & Wellness Center:

- Basketball
- Dodgeball
- Flag Football
- Racquetball
- Soccer
- Softball
- Volleyball

Students can also take the opportunity to participate in a variety of fitness classes:

- Ab Classes
- Body Sculpt
- Butts & Guts
- Cardio Kickboxing
- Pilates Mat
- Rowing
- Spin
- Yoga
- Zumba

Club Sports & Recreation*

(562) 985-2570

An extension of SLD, Club Sports and Recreation oversees competitive, dance, and recreation-based student organizations. Students who would like to participate in a club team may join one of the many competitive, dance, or recreation club teams available. These clubs are partially funded by the Associated Students, Inc. and administered through Club Sports.

Competitive Club Sports

The following club teams compete in collegiate leagues against other colleges and universities:

- Archery
- Baseball
- Cycling
- Dragon Boat Racing
- Esports
- Fishing
- Ice Hockey
- Lacrosse
- Rowing
- Rugby
- Sailing
- Salsa
- Ski & Snowboard
- Tennis
- Triathlon
- Ultimate Frisbee
- Volleyball
- Water Polo

Dance & Recreation Clubs

The following club teams provide basic instruction as well as skill development:

- Badminton
- Brazilian Jiu-Jitsu
- Cheer
- Esports
- Grupo Folklorico
- Kung Fu
- Roller Skating
- Sailing
- Salsa Club
- Shotokan Karate
- Table Tennis
- Tennis

Clubs & Organizations*

CSULB offers a wide variety of co-curricular activities that provide opportunities for students to get involved and enhance their college experience.

Athletics*

(562) 985-8569

Long Beach State sponsors a comprehensive athletic program. The Department of Athletics is responsible for intercollegiate athletics, which offers diverse programs for all students. The program maintains memberships in and competes under the rules of the NCAA, the Big West Conference, Golden Coast Conference and the Mountain Pacific Sports Federation.

Men's Varsity Sports

- Baseball
- Basketball
- Cross Country
- Golf
- Track & Field (Indoor/Outdoor)
- Volleyball
- Water Polo

Women's Varsity Sports

- Basketball
- Beach Volleyball
- Cross Country
- Golf
- Soccer
- Softball
- Tennis
- Track & Field (Indoor/Outdoor)
- Volleyball
- Water Polo

*Note that complete listings of activities are available online

Student Life & Development

(562) 985-4181

Student Life & Development (SLD) provides opportunities for students to develop their leadership skills, make social connections, offer a positive difference on campus and in the community, and interact with faculty, alumni, business and community leaders. SLD encompasses four areas: Student Organizations, Fraternity & Sorority Life, Club Sports & Recreation and Leadership Resource Center. One of the best ways to further your educational and extracurricular interests is by joining a student organization or leadership development program. There are more than 300 student organizations at CSULB and many of them participate in the “Week of Welcome” fair, which is held during the second week of each semester and is designed to boost membership among new students. Visit the SLD office, located in the University Student Union (USU) Room 215, to learn more about connecting to *The Beach*.

Types of Student Organizations

There are several categories of on-campus student organizations available, including:

Academic Student Associations & College Councils

Academic organizations and College Councils help students meet and network with other students of similar majors, alumni and professionals from the fields in which they are interested. Activities sponsored by these organizations include: professional guest speakers, career-related seminars and workshops, and student-faculty events.

Cultural

The cultural student organizations sponsor and coordinate some of the most visible and popular campus programs while fostering multiculturalism and diversity. They include, but are not limited to: the Black Student Union, American Indian Student Council, Cambodian Student Society, La F.U.E.R.Z.A, Pacific Islanders Association, Pilipino American Coalition, Queer Students Alliance and the Vietnamese Student Association.

Fraternities & Sororities

Fraternities & Sororities are social organizations that participate in fundraising, philanthropy, leadership programming and brotherhood/ sisterhood events. There are more than 35 fraternity and sorority chapters at CSULB. While each chapter has their own unique values, every fraternity and sorority is committed to scholarship, leadership, service and friendship. Joining one of these organizations will provide ample opportunities for student leaders to participate in activities that enhance their personal development.

Honor & Recognition Societies

The honor and recognition societies at CSULB include, but are not limited to: Eta Sigma Gamma, Golden Key International National Honor Society, and National Society of Collegiate Scholars. Determination of membership is usually based on academic scholarship and accomplishments.

Political & Social Action

The political and social action organizations at CSULB focus on political and social issues at the local and national level. They include but are not limited to: Long Beach State Democrats, Long Beach College Republicans, Young Democratic Socialists of America, and Turning Point USA. These groups sponsor speakers and events specific to their interests.

Religious

Campus religious organizations represent a variety of faiths and beliefs including but are not limited to: Beach Catholic, Beach Hillel, Cru, and the Muslim Student Association. For additional information, contact the Interfaith Center at (562) 985-5587.

Special Interest

The special interest organizations provide activities and programs tailored to the interests and hobbies of their members. Special interest organizations include: Anime Club, Chess Club, Dungeons and Dragons Club, For Undocumented Empowered Leaders (FUEL), Rising Scholars and Transgender Empowerment & Advocacy.

Leadership Resource Center

(562) 985-1936

An extension of SLD, the Lois J. Swanson Leadership Resource Center (LRC) in the USU, Room 314, houses a leadership resource library and offers students leadership skills through personal development workshops. The LRC has two signature leadership development certificate programs – the Leadership Academy and the Emerging Leaders Certificate Program. Both leadership certificate programs are a series of workshops and experiences designed to cultivate leadership excellence. These workshops help students to enhance their leadership competencies as well as develop their leadership potential.

Associated Students, Incorporated

Associated Students, Inc. (ASI) is the representative government for the student body of CSULB. They seek to facilitate the achievement of students’ educational objectives and life goals through programs, services and facilities, advocate student needs and interests, compel student representation in campus decision making, and provide students with resources that they identify as necessary for their intellectual, social and physical development. For more information, visit the ASI Government Office in the USU, Room 311.

Contact Us

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