

BA in Recreation
Lower Division Worksheet
2025-2026 Catalog

→ You must have a **minimum 2.0 overall GPA** in order to declare the Recreation major.

Grade	Course Number & Title (units)	Prerequisites†
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Complete ALL of the following MSDR courses in order to declare your major:

	ONE (1) of the following:* ☐ REC 141: Introduction to Leisure Services (3) GE AREA: 4C OR ☐ REC 225: Programming Recreation Activities(3)	<i>one GE foundation course (corequisite)</i> <i>none</i>
	Any GE Foundation 1A: English Composition course (3)	<i>appropriate English placement</i>
	Any GE Foundation 1B: Critical Thinking course (3)	<i>see catalog</i>
	Any GE Foundation 1C: Oral Communication course (3)	<i>none</i>
	Any GE Foundation 2: Math Concepts & Quant Reasoning course (3)	<i>appropriate math placement</i>

Additional Lower Division major courses:

	ONE (1) of the following: ☐ ANTH 120: Introduction to Cultural Anthropology (3) GE AREA: 4C ☐ CDFS 211: Guiding Young Children (3) ☐ HDEV 180: Lifespan Human Development (3) GE AREA: 4C ☐ PSY 100: General Psychology (3) GE AREA: 4C ☐ SOC 100: Principles of Sociology (3) GE AREA: 4C	ANTH 120: <i>none</i> CDFS 211: <i>a 'C' or better in CDFS 111 or PSY 100 or SOC 100</i> HDEV 180: <i>none</i> PSY 100: <i>GE composition ready</i> SOC 100: <i>one GE foundation course (corequisite)</i>
	REC 201: Teamwork & Group Dynamics (3)	<i>one GE foundation course (corequisite)</i>
	REC 210: Health & Wellness in Park, Recreation, & Tourism (3)	<i>none</i>

†Prerequisites are subject to change; consult the University Catalog (www.csulb.edu/catalog) for the most recent updates

*Only one course is required to **declare** the Recreation & Leisure Studies major but both are required for the major; you need to complete both.

✓GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at

<https://www.csulb.edu/student-records/fall-2025-ge-requirements>

✓A 'C' or better is required in all courses