

BS in Recreation Therapy
Major Requirements Worksheet
2025-2026 Catalog

Name: _____ Student ID: _____

Grade	Course Number & Title (units)	Prerequisites†
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Complete ALL of the following lower division courses:

	REC 141: Introduction to Leisure Services (3) GE Area: 4C (D3)	one GE foundation course (corequisite) open to Pre-REC majors
	ONE (1) of the following options: <input type="checkbox"/> BIOL 207: Human Physiology (4) GE Area: 5B/5C (B2/B3) AND <input type="checkbox"/> BIOL 208: Human Anatomy (4) OR <input type="checkbox"/> An approved physiology & anatomy course: _____ (min 4 units)	207: GE Area 2 (B4) and one GE Area 1 (A) category 208: a 'C' or better in one of the following: ART 372, BIOL 201, BIOL 205, BIOL 207, BIOL 212, BIOL 311, CHEM 140, DANC 261, or MICR 200
	PSY 100: General Psychology (3) GE Area: 4C (D3)	GE composition ready

Complete ALL of the following core courses:

	REC 351: Foundations of Inclusive Recreation & Recreation Therapy (3)	a 'C' or better in REC 141 or 225
	REC 451: Management & Administration of Recreation Therapy Services (3)	a 'C' or better in REC 351; Spring only
	REC 452: Assessment & Documentation in Recreation Therapy (3)	a 'C' or better in REC 351; Fall only
	REC 453: Comprehensive Programming & Evaluation in Recreation Therapy (3)	a 'C' or better in REC 351; Fall only
	REC 458: Clinical Techniques in Recreation Therapy (3)	a "C" or better in REC 351; Spring only
	ONE (1) of the following: <input type="checkbox"/> REC 455: Recreation Therapy for Physical Medicine and Rehabilitation (3) <input type="checkbox"/> REC 456: Recreation Therapy for Individuals with Psychiatric Disorders (3)	REC 455: REC 351; Fall only REC 456: REC 351; Spring only

Complete ALL of the following support courses:

	ANTH 319: Human Growth & Development (3)	none; typically Spring only
	ONE (1) of the following: <input type="checkbox"/> PSY 370: Abnormal Psychology (3) GE Area: 4UD (UD D) <input type="checkbox"/> Any other college level Abnormal Psychology course: _____	PSY 100
	REC 341: Evaluation & Research in Leisure Services (3)	a 'C' or better in REC 141 or 225
	REC 469/GERN 469: Disability, Culture and Society: Issues and Intervention (3)	Freshmen excluded
	REC 473: Aging and Leisure (3)	none; Summer/Fall Only

Complete ALL of the following RT Fieldwork & Internship:

	REC 485: Fieldwork (3)	instructor consent; repeatable up to 6 units
	REC 480: Philosophy of Recreation & Leisure (3)	a 'C' or better in REC 341, 351, and in three 400-level REC courses; department consent; grad check from CHHS Advising required; must be taken the semester prior to REC 498
	REC 498: Internship in Leisure Services (6-12)	completion of all major requirements; REC 485 or 1000 hours of verified paid or volunteer leadership experience approved by faculty advisor; consent of internship coordinator

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Complete 6 units from the following Rec Therapy Electives:		
	<input type="checkbox"/> ANTH 351: Sex Roles & Culture (3)	none
	<input type="checkbox"/> ANTH 353: Health & Healing (3)	none
	<input type="checkbox"/> ANTH 412: Culture & Communication (3) GE Area: 4UD (UD D)	none
	<input type="checkbox"/> ANTH 454: Culture & Aging (3)	none
	<input type="checkbox"/> BIOL 301: Biology of Human Aging (3) GE Area: 2UD (UD B)	GE foundations; upper division standing
	<input type="checkbox"/> COMM 330: Intercultural Communication (3)	none
	<input type="checkbox"/> COMM 358: Speech Arts for Children (3)	none
	<input type="checkbox"/> COMM 400: Nonverbal Communication (3)	upper division standing
	<input type="checkbox"/> DANC 373: Nonverbal Communication: Interaction of Mind & Body (3) GE Area: 3UD (UD C) or 4UD (UD D)	GE foundations; upper division standing
	<input type="checkbox"/> EDP 301: Child Development & Learning: A Cross Cultural Perspective (3)	none
	<input type="checkbox"/> EDP 302: Early & Late Adolescent Development & Learning: A Cross Cultural Perspective (3)	none
	<input type="checkbox"/> EDSP 350: Introduction to Teaching the Exceptional Individual (3)	valid CTC Clearance & negative TB test
	<input type="checkbox"/> GERN 400: Perspectives on Gerontology (3) GE Area: 4UD (UD D); Writing Intensive	GE foundations; upper division standing
	<input type="checkbox"/> GERN 430: Aging & Dementia (3)	upper division standing
	<input type="checkbox"/> GERN 439/NUTR 439: Nutrition & Aging (3)	NUTR 132 or BIOL 207 or BIOL 301 or GERN 400
	<input type="checkbox"/> HSC 227: Drugs & Health (3)	GE area 1 (A) completion
	<input type="checkbox"/> HSC 420: Global Health (3) GE Area: 4UD (UD D)	GE foundations; upper division standing
	<input type="checkbox"/> HSC 425: Human Sexuality & Sex Education (3) GE Area: 4UD (UD D)	GE foundations; upper division standing
	<input type="checkbox"/> HDEV 300: Death & Dying (3) GE Area: 4UD (UD D)	GE foundations; upper division standing; ANTH 120 or HDEV 180 or PSY 100 or SOC 100
	<input type="checkbox"/> HDEV 307: Approaches to Childhood (3) GE Area: 4UD (UD D)	GE foundations; a 'C' or better in ANTH 120 or HDEV 180 or PSY 100 or SOC 100
	<input type="checkbox"/> HDEV 357: Adulthood and Aging in a Diverse World (3) GE Area: 4UD (UD D)	GE foundations; a 'C' or better in ANTH 120 or HDEV 180 or PSY 100 or SOC 100
	<input type="checkbox"/> KIN 320: Adapted Physical Activity (3)	BIOL 208
	<input type="checkbox"/> PSY 331: Sensation & Perception (3)	PSY 100, 220, 241
	<input type="checkbox"/> PSY 336: Psychology of Emotion (3)	PSY 100, 220, 241
	<input type="checkbox"/> PSY 340: Physiology of Behavior (3)	PSY 100, 220, 241
	<input type="checkbox"/> PSY 346: Evolutionary Psychology (3) GE Area: 4UD (UD D)	PSY 100; GE foundations; upper division standing
	<input type="checkbox"/> PSY 351: Social Psychology (3) GE Area: 4UD (UD D)	PSY 100
	<input type="checkbox"/> PSY 361: Psychology of Child & Adolescent Development (3) GE Area: 4UD (UD D)	PSY 100
	<input type="checkbox"/> PSY 362: Autism Spectrum Disorders (3)	PSY 100
	<input type="checkbox"/> PSY 363: Developmental Psychopathology (3)	PSY 100
	<input type="checkbox"/> PSY 365: Development: Emerging Adulthood to Aging (3)	PSY 100
	<input type="checkbox"/> PSY 378: Health Psychology (3) GE Area: 2UD (UD B)	PSY 100; upper division standing
	<input type="checkbox"/> PSY 379: Psychology of Stress (3) GE Area: 2UD (UD B)	PSY 100; upper division standing
	<input type="checkbox"/> SW 330: Human Behavior & Social Environment: Birth through Adolescence (3)	GE foundations
	<input type="checkbox"/> SW 331: Human Behavior & Social Environment: Young Adulthood through Old Age (3)	GE foundations
	<input type="checkbox"/> SOC 335: Social Psychology (3) GE Area: 4UD (UD D)	GE foundations
	<input type="checkbox"/> SOC 342: Critical Criminology (3) GE Area: 4UD (UD D)	GE foundations; upper division standing
	<input type="checkbox"/> SOC 345: Youth, Policing, & Justice (3)	one foundation course (corequisite)
	<input type="checkbox"/> SOC 462: Sociology of Health & Medicine (3)	GE foundations
	<input type="checkbox"/> SOC 463: Mental Health & Society (3)	SOC 100; GE foundations
	<input type="checkbox"/> SOC 464: Aging & Society (3)	SOC 100 or 142
	<input type="checkbox"/> SOC 466: AIDS & Society (3) GE Area: 4UD (UD D)	GE foundations; upper division standing

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

✓ All REC courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

✓ 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/general-education-requirements>

✓ Total units required for REC Therapy major: 65-74