

BA in Recreation
Major Requirements Worksheet
2026-2027 Catalog

Name: _____ Student ID: _____

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

21-27 Units

	REC 141: Introduction to Leisure Services (3) GE Area: 4C	one GE foundation course (corequisite)
	REC 225: Programming Recreation Activities (3)	open to pre-REC majors; Fall Only
	REC 341: Evaluation & Research in Leisure Services (3)	a 'C' or better in REC 141 or 225; not open to Pre-REC majors
	REC 351: Foundations of Inclusive Recreation & Recreation Therapy (3)	a 'C' or better in REC 141 or 225; not open to Pre-REC majors
	REC 480: Philosophy of Recreation & Leisure (3)	a 'C' or better in REC 341, 351, and in three 300/400-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

Complete ALL of the following upper division courses:

18 Units

	REC 201: Teamwork & Group Dynamics (3)	one GE foundation course (corequisite)
	REC 210: Health & Wellness in Park, Recreation, & Tourism (3)	1st and 2nd year students or REC Majors; Fall Only
	REC 321: Leadership in Recreation & Leisure Studies (3)	none; Spring Only
	REC 326: Fundamentals of Digital & Online Media Strategies in Parks, Rec & Tourism (3)	none; Spring Only
	REC 421: Supervisory & Administrative Practices (3)	a 'C' or better in REC 141 or 225; Spring Only
	REC 437: Equity & Access of Recreation & Leisure (3)	none; Fall Only

Complete ONE of the following support courses:

3 Units

	ONE (1) of the following: ☐ ANTH 120: Introduction to Cultural Anthropology (3) GE Area: 4C ☐ CDFS 211: Principles & Practices of Teaching 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: none CDFS 211: a 'C' or better in CDFS 111 or PSY 100 or SOC 100; CDFS & FLE majors and pre-majors only HDEV 180: none PSY 100: GE composition ready or a 'C' or better in one of the following AFRS 100A, ASAM 100A, CHLS 104A, ENGL 100A, or ALI 150 or equivalent SOC 100: one GE foundation course (corequisite)
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Complete all requirements in ONE of the following concentrations:

☐ **Parks & Recreation Management**

15 Units

	REC 323: Park & Recreation Facility Operations (3)	declared majors only; a "C" or better in REC 141 or REC 225; Fall Only
	REC 325: Advanced Program & Event Management (3)	a "C" or better in REC 141 or REC 225; Spring Only
	REC 425: Financing Leisure Studies (3)	none; Fall Only
_____	TWO (2) of the following: ☐ REC 322: Recreational Sports Supervision (3) ☐ REC 416: Aquatic Facility Management (3) ☐ REC 428: Principles of Nonprofit/Volunteer Management (3) ☐ REC 433: Management of Organized Camps (3) ☐ REC 473: Aging & Leisure (3)	REC 322: none; Periodically Offered REC 416: none; Spring Only REC 428: none; Fall Only REC 433: none; Periodically Offered REC 473: none; Summer/Fall Only

☐ **Outdoor Recreation and Tourism**

15 Units

	REC 168: Introduction to Travel & Tourism (3) GE Area: 4C	one GE foundation course (corequisite); Fall Only
	REC 331: Dynamics of Outdoor Recreation (3)	none; Spring Only
	REC 431: Recreation Resource Management (3)	a "C" or better in REC 141 or 225; Fall Only
	REC 468: Sustainable Tourism Planning & Development (3)	a "C" or better in REC 168; Spring Only
	ONE (1) of the following: ☐ REC 245: Wilderness Water Expedition (3) ☐ REC 337: Outdoor Education and Interpretation (3) ☐ REC 430: Recreation in the Ocean Environment (3) ☐ REC 462: Travel, Tourism, and Resort Recreation Management (3)	REC 245: none; Spring Only REC 337: none; Fall Only REC 430: instructor consent; Summer Only REC 462: a "C" or better in REC 168; Spring Only

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

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

✓ 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 major: 57-63**