BS in Recreation Therapy
Major Requirements Worksheet
2026-2027 Catalog

Name: _____ Student ID: _____

Grade	Course Number & Title (units)	Prerequisites†
Complete ALL of the following lower division courses:		**14 Units**
	REC 141: Introduction to Leisure Services (3) **GE Area: 4C**	*one GE foundation course (corequisite)* *open to Pre-REC majors*
	ONE (1) of the following options: □ BIOL 207: Human Physiology (4) **GE Area: 5B/5C** **AND** □ BIOL 208: Human Anatomy (4) **OR** □ An approved Physiology & Anatomy course: _____ (min 3 units)	***207:*** *GE Area 2 and one GE Area 1 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*
	PSY 100: General Psychology (3) **GE Area: 4C**	*GE composition ready*
Complete ALL of the following core courses:		**18 Units**
	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: □ REC 455: Recreation Therapy for Physical Medicine and Rehabilitation (3) □ 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:		**15 Units**
	ONE (1) of the following: □ ANTH 319: Human Growth & Development (3) □ Any other college level Lifespan Development course: _____	*none;* ***periodically offered***
	ONE (1) of the following: □ PSY 370: Abnormal Psychology (3) **GE Area: 4UD (UD D)** □ 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 & Intership:		**12-18 Units**
	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:		
	□ ANTH 351: Sex Roles & Culture (3)	*none*
	□ ANTH 353: Health & Healing (3)	*none*
	□ ANTH 412: Culture & Communication (3) **GE Area: 4UD**	*none*
	□ ANTH 454: Culture & Aging (3)	*none*
	□ BIOL 301: Biology of Human Aging (3) **GE Area: 2/5UD**	*GE foundations; upper division standing*
	□ COMM 330: Intercultural Communication (3)	*none*
	□ COMM 358: Speech Arts for Children (3)	*none*
	□ COMM 400: Nonverbal Communication (3)	*upper division standing*
	□ DANC 373: Nonverbal Communication: Interaction of Mind & Body (3) **GE Area: 3UD or 4UD**	*GE foundations; upper division standing*
	□ EDP 301: Child Development & Learning: A Cross Cultural Perspective (3)	*none*
	□ EDP 302: Early & Late Adolescent Development & Learning: A Cross Cultural Perspective (3)	*none*
	□ EDSP 350: Introduction to Teaching the Exceptional Individual (3)	*valid CTC Clearance & negative TB test*
	□ GERN 400: Perspectives on Gerontology (3) **GE Area: 4UD; GWAR Writing Intensive**	*GE foundations; upper division standing*
	□ GERN 430: Aging & Dementia (3)	*upper division standing*
	□ GERN 439/NUTR 439: Nutrition & Aging (3)	*NUTR 132 or BIOL 207 or BIOL 301 or GERN 400*
	□ HSC 227: Drugs & Health (3)	*GE area 1 (A) completion*
	□ HSC 420: Global Health (3) **GE Area: 4UD**	*GE foundations; upper division standing*
	□ HSC 425: Human Sexuality & Sex Education (3) **GE Area: 4UD**	*GE foundations; upper division standing*
	□ HDEV 300: Death & Dying (3) **GE Area: 4UD**	*GE foundations; upper division standing; ANTH 120 or HDEV 180 or PSY 100 or SOC 100*
	□ HDEV 307: Child Development in a Diverse World (3) **GE Area: 4UD**	*GE foundations; a 'C' or better in ANTH 120 or HDEV 180 or PSY 100 or SOC 100*
	□ HDEV 357: Adulthood and Aging in a Diverse World (3) **GE Area: 4UD**	*GE foundations; a 'C' or better in ANTH 120 or HDEV 180 or PSY 100 or SOC 100*
	□ KIN 320: Adapted Physical Activity (3)	*BIOL 208*
	□ PSY 331: Sensation & Perception (3)	*PSY 100, 220, 241*
	□ PSY 336: Psychology of Emotion (3)	*PSY 100, 220, 241*
	□ PSY 340: Physiology of Behavior (3)	*PSY 100, 220, 241*
	□ PSY 346: Evolutionary Psychology (3) **GE Area: 4UD**	*PSY 100; GE foundations; upper division standing*
	□ PSY 351: Social Psychology (3) **GE Area: 4UD**	*PSY 100*
	□ PSY 361: Psychology of Child & Adolescent Development (3) **GE Area: 4UD**	*PSY 100*
	□ PSY 362: Autism Spectrum Disorders (3)	*PSY 100*
	□ PSY 363: Developmental Psychopathology (3)	*PSY 100*
	□ PSY 365: Development: Emerging Adulthood to Aging (3)	*PSY 100*
	□ PSY 378: Health Psychology (3) **GE Area: 2/5UD**	*PSY 100; upper division standing*
	□ PSY 379: Psychology of Stress (3) **GE Area: 2/5UD**	*PSY 100; upper division standing*
	□ SW 330: Human Behavior & Social Environment I (3)	*GE foundations*
	□ SW 331: Human Behavior & Social Environment II (3)	*GE foundations*
	□ SOC 335: Social Psychology (3) **GE Area: 4UD**	*GE foundations*
	□ SOC 342: Critical Criminology (3) **GE Area: 4UD**	*GE foundations; upper division standing*
	□ SOC 345: Youth, Policing, & Justice (3)	*one foundation course (corequisite)*
	□ SOC 462: Sociology of Health & Medicine (3)	*GE foundations*
	□ SOC 463: Mental Health & Society (3)	*SOC 100; GE foundations*
	□ SOC 464: Aging & Society (3)	*SOC 100 or 142*
	□ SOC 466: AIDS & Society (3) **GE Area: 4UD**	*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: 65-71***