

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 & Internship:		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; GEAR 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