

Bachelor of Science in Recreation Therapy

(This state-supported elevation was recommended by the Academic Senate on February 10, 2022, approved by the President on February 24, 2022, and the CSU Chancellor's Office on April 11, 2022.)

Bachelor of Science in Recreation Therapy (120 units)

The Bachelor of Science in Recreation Therapy is a program that prepares individuals to plan, organize, and direct recreational activities designed to promote health and well-being for individuals with disabling conditions and other limitations. In particular, upon the completion of the program, students will be eligible to take both state (CA) and national recreation therapy certification.

Students intending to transfer from community colleges to this University are advised to complete general education requirements while attending the community college. Courses equivalent to HSC 150, BIOL 207, BIOL 208, PSY 100 should be taken while attending community college if offered. Other recreation courses taken at community colleges cannot be substituted for upper-division recreation courses.

Careers

Recreational therapists hold about 20,000 jobs in the states. The largest employers of recreational therapists are hospitals (e.g., state, local and private), government (e.g., VAs, Correctional Systems, etc.), nursing care facilities (e.g., skilled nursing, assistive living, daily living facilities, etc.), ambulatory healthcare services, and other social and human services. Lately, there is a growing trend for recreational therapists to work in private practice providing services in the home and community as well. Depending on the settings, recreational therapists will be working with diverse populations such as individuals with physical disabilities, older adults, individuals with psychiatric disorders, pediatric patients, youth at risk, and people with developmental or mental disabilities.

Admission Requirements

To be considered for freshman admission to CSULB applicants must meet the following minimum requirements:

1. Complete each of the courses in the comprehensive pattern of college preparatory subject requirements with a grade of C or higher prior to high school graduation.
2. Graduate from high school by the end of the Spring term prior to Fall enrollment.
3. Have a minimum "Eligibility Index" to be considered. The "Eligibility Index" is the result of a formula that combines your achievement in high school college preparatory courses with the results of the redesigned SAT, old SAT or ACT

To be considered for transfer admission to CSULB, applicants must demonstrate the following:

- Minimum Cumulative GPA: 2.0

And, to be considered for admission to the major, applicants must demonstrate the following:

- Minimum Cumulative GPA: 2.4
- Minimum lower division preparation (grade of C or better required):
(Major preparation course: PSY 100 – General Psychology)
- Required General Education courses not covered by major preparation courses:
 - Written Communication
 - Oral Communication
 - Critical Thinking
 - Mathematics if Statistics course above is not GE approved

Degree Requirements (65 units)

Recreation Therapy (REC) Courses (18 units):

Take all of the following (15 units):

- REC 351 - Foundations of Inclusive Recreation and Recreation Therapy (3 units)
(also, a dept. common core course)
 - Prerequisites: A "C" or better in REC 141 or REC 225. REC majors, REC Therapy majors, and REC minors only. Exclude Freshmen.
- REC 451 – Management and Administration of Recreation Therapy (3 units)
 - Prerequisite: REC 351.
- REC 452 – Assessment and Documentation in Recreation Therapy (3 units)
 - Prerequisite: A grade of "C" or better in REC 351.
- REC 453 – Comprehensive Programming and Evaluation in Recreation Therapy (3 units)
 - Prerequisite: A grade of "C" or better in REC 351.
- REC 458 – Clinical Techniques in Recreation Therapy (3 units)
 - Prerequisite: A grade of "C" or better in REC 351.

Take one of the following courses (3 units):

- REC 455 – Recreation Therapy for Physical Medicine and Rehabilitation (3 units)
 - Prerequisite(s): REC 351 or Consent of Instructor
- OR**
- REC 456 – Recreation Therapy for Individuals with Psychiatric Disorders (3 units)
 - Prerequisite(s): REC 351 or Consent of Instructor

Non-Recreation Therapy Requirement Courses (32 units)

- PSY 100 – General Psychology (3 units)

- Prerequisite/Corequisite: Students who score 147 or above on the English Placement Test or "C" or better in one of the following AFRS 100A , ASAM 100A , CHLS 104A , ENGL 100A or ALI 150 or equivalent.
- ANTH 319 – Human Growth and Development (3 units) (3 units)
 - Prerequisite: None
- BIOL 207 - Human Physiology (4 units)
 - Prerequisites: Completion of B4 and at least one course in GE A category (A1 or A2 or A3).
- BIOL 208 - Human Anatomy (4 units)
 - Prerequisites: Grade of "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 370 - Abnormal Psychology (3 units)
 - Prerequisite: PSY 100.
- REC 141 – Introduction to Leisure Services (3 units) (also, a dept. common core course)
 - Prerequisite/Corequisite: One GE Foundation course.
- REC 341 – Evaluation and Research in Leisure Studies (3 units) (also, a dept. common core course)
 - Prerequisites: A "C" or better in REC 141 or REC 225. REC and REC Therapy majors only. Exclude Freshmen.
- REC 469 – Disability, Culture, and Intervention (3 units)
 - Prerequisite: Freshmen are prohibited from enrolling in upper division courses.
- REC 473 – Aging and Leisure (3 units)
 - Prerequisite: None.
- REC 480 – Philosophy of Recreation and Leisure (3 units) (also, a dept. common core course)
 - Prerequisites: A grade of "C" or better in REC 341, REC 351, and three 400 level REC classes. Open to recreation majors only. Exclude freshmen. Department consent.

Recreation Therapy (RT) Fieldwork and Internship (9-18 units)

- REC 485 – Fieldwork (200 hours) (3 units). Students may take this course twice, up to 6 units
 - Prerequisites: Consent of instructor.
- REC 498 – Internship (600 hours) (6 - 12 units)
 - Prerequisites: Completion of all major requirements; REC 485, or 1000 hours of verified paid or volunteer leadership experience approved by faculty advisor, or 500 hours of experience and fluency in both English and a second language consistent with CSULB Language Proficiency Requirements; and consent of internship coordinator.

Elective Courses (6 units)

Advisor approved elective courses from social sciences and humanities such as Anthropology, Biology, Communication, Dance, Educational Psychology, Gerontology, Health Science, Human Development, Psychology, Social Work, or Sociology.

EFFECTIVE: Fall 2023

- Plan: REC_BS01U1
- Career: Undergraduate
- CIP: 51.2309
- CSU Code: 12125
- College: 15, College of Health and Human Services
- Department: Recreation and Leisure Studies
- Delivery: Hybrid
- Non-STEM