

BS IN THERAPEUTIC HEALTH (THERAPEUTIC RECREATION)



SACRAMENTO STATE

In Workflow

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Approval Path

1. 2025-10-07T03:55:22Z
Andrea Becker (andrea.becker): Approved for AHS Chair
2. 2025-10-24T20:50:06Z
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
3. 2025-10-24T23:53:35Z
Robert Pieretti (sac19804): Approved for HHS Dean

New Program Proposal

Date Submitted: 2025-10-07T03:53:05Z

Viewing: BS in Therapeutic Health (Therapeutic Recreation)

Last edit: 2025-10-24T20:29:09Z

Changes proposed by: Andrea Becker (101053364)

Academic Group: (College)

Health & Human Services

Academic Organization: (Department)

Allied Health Sciences

Catalog Year Effective:

2026-2027 Catalog

NOTE: This degree major program will be subject to program review evaluation within six years after implementation.

Individual(s) primarily responsible for drafting the proposed degree major program:

Name (First Last)	Email	Phone 999-999-9999
Andrea Becker	andrea.becker@csus.edu	916-278-2637

Academic Master Plan Projection

Has this degree been approved for inclusion in the Academic Master Plan?

No

New degree major proposals must receive prior approval for inclusion in the Academic Master Plan before a New Program proposal can be submitted to Workflow. Submissions to the AMP can be made through the Miscellaneous Request form.

Type of Program:

Concentration

Is this a pilot program?

No

Pilot program as of:

NA

Delivery Format:

Fully Face to Face

Hybrid

Title of the Program:

BS in Therapeutic Health (Therapeutic Recreation)

Designation: (degree terminology)

Bachelor of Science

Briefly describe the program proposal (new or change) and provide a justification:

This proposal has two primary purposes. The first is to move the BS in Recreation therapy from a stand-alone major to a concentration in the Therapeutic Health degree. The second is to update the curriculum to better match the current accreditation standards mandated by the National Council for Therapeutic Recreation Certification (NCTRC).

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines

Knowledge of human cultures and the physical and natural world

Intellectual and practical skills

Personal and social responsibility

Integrative learning

Program Learning Outcomes

Program Learning Outcomes

Learning Outcome

Explain the ways in which human cultures, social systems, and the physical and natural world influence health, disability, and therapeutic recreation practices.

Obtain, assess, and articulate relevant scholarly sources to support evidence-based professional practice.

Analyze ethical dilemmas and professional boundaries in recreation therapy practice using the ATRA Standards of Practice.

Create comprehensive, individualized recreation therapy treatment plans that integrate knowledge from various disciplines (e.g., anatomy, physiology, psychology, sociology, recreation therapy theory) to address the holistic needs of individuals with disabilities across diverse settings.

Learning Outcomes Display

Course Code	PLO 1	PLO 2	PLO 3	PLO 4
ANTH 2				
SOC 1				
BIO 10				
BIO 22				

BIO 25				
BIO 26				
BIO 31				
BIO 39				
CHAD 30				
CHEM 6A				
CHEM 1A				
HLTH 6				
FSHD 52				
HLTH 22				
NUFD 10				
NURS 14				
PSYC 2				
PSYC 8				
STAT 1				
STAT 10B				
HLTH 100				
TH 111				
TH 112				
TH 113				
TH 114				
TH 115				
PSYC 168				
TH 110				
TH 195				
CHAD 131				
CHAD 133				
CHAD 137				
CHAD 138				
CHAD 139				
KINS 128				
CHAD 156				
EDC 100				
EDC 140				
EDC 155				
EDC 156				

EDC 157				
HLTH 140				
HLTH 141				
HLTH 142				
HLTH 143				
HLTH 147				
HLTH 149				
HLTH 151				
HLTH 159				
HLTH 154				
HLTH 160				
HLTH 170				
HLTH 171				
HLTH 195				
HLTH 199				
FSHD 108				
FSHD 150				
FSHD 152				
FSHD 156				
GERO 124				
PSYC 151				
KINS 111				
KINS 112				
KINS 113				
KINS 119				
KINS 177				
SWRK 102				
SWRK 110				
GERO 123				
SWRK 129				
SWRK 151				
SWRK 191				
PSYC 106				
PSYC 137				
PUBH 124				

PUBH 150				
WGS 133				

Will this program be required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

Please attach a Comprehensive Program Assessment Plan

BS_Therapeutic_Health_Recreation_Concentration_Assessment_Plan.xlsx

Please attach a Curriculum Map Matrix

BS_Therapeutic_Health_Recreation_Concentration_Matrix.xlsx

Please attach a five-year budget projection

BS_Therapeutic_Health_Rec_Concentration_Budget_Commentary.pdf

Please attach the updated roadmap:

TR.pdf

Catalog Description:

Units required for Major: 58-59

Total units required for BS: 120

Program Description

The Bachelor of Science in Therapeutic Health prepares students for careers in healthcare, human services, and rehabilitation with a focus on improving quality of life through therapeutic practices. The program is designed to build foundational knowledge in health sciences, and develop critical skills in assessment, documentation, leadership, and evidence-based practices that promote the physical, cognitive, social, emotional, and spiritual well-being of individuals.

The concentration in **Therapeutic Recreation** prepares students to design, implement, and evaluate evidence-based recreation and leisure interventions that enhance the health and well-being of individuals across diverse populations. Students gain specialized knowledge in the science of disability, therapeutic interventions, and program management while developing the competencies required for professional certification through the National Council for Therapeutic Recreation Certification (NCTRC).

Through coursework and applied learning experiences, students learn to assess client needs, document progress, and facilitate interventions that promote physical activity, social connection, emotional resilience, and community integration. The concentration emphasizes ethical practice, cultural competence, and leadership in therapeutic health settings such as hospitals, rehabilitation centers, behavioral health facilities, long-term care, schools, and community organizations.

Graduates are well-prepared for careers as Certified Therapeutic Recreation Specialists (CTRS) and for advanced studies in allied health and human services fields.

Note:

- Students graduating with a Bachelor of Science Degree in Recreation Therapy will not be subject to the University's Foreign Language Graduation Requirement. Students who change their major may be subject to the University's Foreign Language Graduation Requirement.

Admission Requirements: Course prerequisites and other criteria for admission of students to the degree major program, and for their continuation in it.

Minimum Grade Requirement

Grade of "C-" or better is required in all courses applied to the major.

Additional Information

Credit by Examination: A student who seeks course credit by examination is to enroll in the course to be challenged. No course may be challenged after the first two weeks of the semester. The instructor of the course will conduct an assessment of the student's readiness to challenge the course for credit examination. For more information, refer to the "Credit by Examination" section of the Sacramento State Catalog.

Advising: It is necessary for students to work closely with an advisor to complete the BS in Therapeutic Health with a concentration in Therapeutic Recreation in a timely manner. It is strongly recommended that all students consult with an advisor prior to enrolling in courses, and this should occur at least once per semester.

Program Requirements: (If new courses are being created as part of a new program, it will be useful to propose courses first.)

Program Requirements

Code	Title	Units
REQUIRED LOWER DIVISION		
Select three lower division courses:		
ANTH 2 or SOC 1	Introduction to Cultural Anthropology Principles of Sociology	
BIO 10	Basic Biological Concepts	
BIO 22	Introductory Human Anatomy	
BIO 25	Human Anatomy and Physiology I	
BIO 26	Human Anatomy and Physiology II	
BIO 31	Intro Human Physiology	
BIO 39	Microbiology for Allied Health Students	
CHAD 30	Human Development	
CHEM 6A or CHEM 1A	Introduction to General Chemistry General Chemistry I	
HLTH 6	Medical Terminology for Health Professions	
FSHD 52	The Child In The Family	
HLTH 22	Happiness, Quality of Life, and Recreation Over the Lifespan	
NUFD 10	Introduction to Nutrition	
NURS 14	Pharmacology	
PSYC 2	Introductory Psychology	
PSYC 8	Methods of Psychology	
STAT 1 or STAT 10B	Introduction to Statistics Introductory Statistics with Developmental Mathematics	
REQUIRED UPPER DIVISION		
HLTH 100	Introduction to Health Science (Introduction to Health Science)	3
TH 111	Recreation Therapy and Contemporary Aspects of Disability	3
TH 112	Recreation Therapy Assessment and Documentation	3
TH 113	Recreation Therapy Facilitation Techniques	3
TH 114	Course TH 114 Not Found (Therapeutic Health Interventions II)	3
TH 115	Recreation Therapy Management and Advancement of the Profession	3
REQUIRED THERAPEUTIC RECREATION COURSES		
PSYC 168	Abnormal Psychology	3
TH 110	Recreation Therapy Principles and Practices and the Recreation Therapy Process	3
TH 195	Recreation Therapy Internship	12
ELECTIVES		12 - 13
Select four elective courses:		
CHAD 131	Language Development	
CHAD 133	Quantitative Methods in Human Development	
CHAD 137	Cognitive Development	
CHAD 138	Social and Emotional Development	
CHAD 139 or KINS 128	Educational Play: Theory and Practice The Science of Play	
CHAD 156	Child and Adolescent Development in Context	
EDC 100	Course EDC 100 Not Found (Group Counseling Skills)	
EDC 140	Course EDC 140 Not Found (Prevention, Intervention, Treatment, & Recovery)	
EDC 155	Course EDC 155 Not Found (Introduction to Counseling)	
EDC 156	Course EDC 156 Not Found (Power, Privilege and Self Identity)	
EDC 157	Course EDC 157 Not Found (Child and Family Psychopathology)	
HLTH 140	Diversity, Equity, and Inclusion in Healthcare	
HLTH 141	Course HLTH 141 Not Found	
HLTH 142	Course HLTH 142 Not Found	
HLTH 143	Course HLTH 143 Not Found	
HLTH 147	Course HLTH 147 Not Found	

HLTH 149	Health and Disease Pathology
HLTH 151	Neurodiversity
HLTH 159	Innovations in Recreation for Health and Wellness
HLTH 154	Traumatology: An Introduction to Posttraumatic Growth
HLTH 160	Senior Seminar: Health Science Careers, Policy, and Research
HLTH 170	Course HLTH 170 Not Found
HLTH 171	Course HLTH 171 Not Found
HLTH 195	Health Science Internship
HLTH 199	Independent Study
FSHD 108	Family Communication
FSHD 150	Family Stress and Coping: Multicultural Focus  
FSHD 152	Adolescent Development
FSHD 156	Child Life and Family-Centered Care
GERO 124	Perspectives on Death and Dying
or PSYC 151	Psychological Aspects of Death and Dying
KINS 111	Grant Writing for Social, Community and Human Service Organizations
KINS 112	Leadership and Fundraising for Non-profit Organizations
KINS 113	Volunteer Management in Nonprofit, Service, or Community Organizations
KINS 119	Community Organization
KINS 177	Introduction to Adapted Physical Education
SWRK 102	Crosscultural Theory and Practice: Issues of Race, Gender and Class 
SWRK 110	Statistics and Research for Social Workers
or GERO 123	Research on Aging & the Life Course
SWRK 129	Human Sexuality in Social Work Perspectives
SWRK 151	Health Services and Systems
SWRK 191	Exploration of Veteran Studies: An Ethnographic Approach 
PSYC 106	Motivation
PSYC 137	Stress Management
PUBH 124	Ethical Considerations in Public Health 
PUBH 150	Aging and Health
WGS 133	Gender & Health

Total Units**48-49**

For graduate programs, the number of declared undergraduate major and the degree production over the preceding years of the corresponding baccalaureate program:

N/A

Professional uses of the proposed degree major program:

Graduates are well-prepared for careers as Certified Therapeutic Recreation Specialists (CTRS) and for advanced studies in allied health and human services fields.

Please attach any additional files not requested above:

Therapeutic_Health_Consultation.pdf

Key: 611