

BS IN THERAPEUTIC HEALTH



SACRAMENTO STATE

In Workflow

1. RPTA Committee Chair (aleta.baldwin@csus.edu)
2. AHS Chair (andrea.becker@csus.edu)
3. RPTA Chair (jamie.hoffman@csus.edu)
4. HHS College Committee Chair (andrea.becker@csus.edu)
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Approval Path

1. Tue, 11 Feb 2025 23:40:58 GMT
Abhijeet Shirsat (shirsat): Approved for RPTA Committee Chair
2. Tue, 11 Feb 2025 23:53:31 GMT
Jamie Hoffman (jamie.hoffman): Approved for RPTA Chair
3. Wed, 19 Feb 2025 01:58:46 GMT
Andrea Becker (andrea.becker): Rollback to Initiator
4. Wed, 19 Feb 2025 21:52:28 GMT
Abhijeet Shirsat (shirsat): Approved for RPTA Committee Chair
5. Wed, 19 Feb 2025 21:59:15 GMT
Jamie Hoffman (jamie.hoffman): Approved for RPTA Chair
6. Wed, 19 Feb 2025 23:39:31 GMT
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
7. Thu, 20 Feb 2025 01:06:48 GMT
Robert Pieretti (sac19804): Approved for HHS Dean
8. Mon, 24 Feb 2025 21:25:56 GMT
Janett Torset (torsetj): Rollback to Initiator
9. 2025-10-07T18:31:05Z
Aleta Baldwin (aleta.baldwin): Approved for RPTA Committee Chair
10. 2025-10-08T16:40:31Z
Andrea Becker (andrea.becker): Approved for AHS Chair
11. 2025-10-09T21:18:52Z
Jamie Hoffman (jamie.hoffman): Approved for RPTA Chair
12. 2025-10-24T20:50:01Z
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
13. 2025-10-24T23:53:31Z
Robert Pieretti (sac19804): Approved for HHS Dean

History

1. Aug 20, 2019 by 212408496
2. Apr 23, 2021 by Katie Dickson (katiedickson)
3. Feb 13, 2023 by Abhijeet Shirsat (shirsat)

Date Submitted: 2025-10-07T03:52:05Z

Viewing: BS in Therapeutic Health**Last approved: Tue, 14 Feb 2023 00:10:38 GMT****Last edit: 2025-10-24T20:49:58Z**

Changes proposed by: Andrea Becker (101053364)

Academic Group: (College)

Health & Human Services

Academic Organization: (Department)

Allied Health Sciences

Catalog Year Effective:

2026-2027 Catalog

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	916-278-6259

Type of Program:

Major

Program Change Type:

Substantive

Is this a pilot program?

No

Pilot program as of:

NA

Delivery Format:

Hybrid

Title of the Program:

BS in Therapeutic Health

Designation: (degree terminology)

Bachelor of Science

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

In Fall 2025, the BS in Recreation Therapy was moved into the newly established Department of Allied Health Sciences. Due to the major's new placement within the College of Health and Human Services, this program proposal has three major purposes including: 1) to better align the program with the BS in Health Science, 2) to rename the degree to serve students pursuing a broader range of careers in therapeutic health, and 3) to update the degree requirements to match the current accreditation standards mandated by the National Council for Therapeutic Recreation Certification (NCTRC), and allow for more strategic interdisciplinary collaborations across the CSUS campus.

Modernizing the program's identity will enhance visibility, credibility, and relevance within the broader health sciences landscape, while opening up new opportunities for student recruitment, collaboration, and career pathways. Aligning with current educational and healthcare trends strengthens the program's academic foundation, and enhances its appeal to students and employers. It also reinforces the program's relevance and improves the potential for long-term growth, interdisciplinary collaboration, and greater impact within the allied health workforce.

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 how health, disability, and therapeutic practices are shaped by scientific, social, culture, and historical contexts.

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

Demonstrate ethical reasoning and intercultural competence in therapeutic health practice.

Integrate knowledge and skills from the sciences, social sciences, and humanities to design, implement, and evaluate holistic interventions.

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				
HLTH 140				
HTLH 141				

HLTH 142				
HLTH 143				
HLTH 147				
HLTH 149				
HLTH 151				
HLTH 155				
HLTH 154				
HLTH 158				
HLTH 159				
HLTH 160				
HTLH 170				
HLTH 171				
HTLH 195				
HLTH 199				
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 141				
HLTH 170				
HLTH 195				
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_Assessment_Plan.xlsx

Please attach a Curriculum Map Matrix

BS_Therapeutic_Health_Matrix.xlsx

Please attach a five-year budget projection

BS_Therapeutic_Health_Budget_Commentary.pdf

Do these changes impact the degree roadmap?

Yes

Please attach the updated roadmap:

TH.pdf

Briefly describe the change:

Changes to the roadmap include 1) reducing the total number of units for the RT degree, 2) aligning the curriculum with the BS in Health Science 3) expanding the elective offerings to include classes in child and adolescent studies, counseling, gerontology, and other health related majors on campus.

Catalog Description:

Units required for Major: 53-59

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.

From assessment and treatment planning to implementation and evaluation within healthcare and community settings, students develop skills in activity analysis, adaptation techniques, and the use of assistive technology to facilitate purposeful and goal-oriented participation in activities of daily living. The program emphasizes inclusive, person-centered care for diverse populations across

a range of settings including hospitals, rehabilitation centers, skilled nursing facilities, community organizations, corrections, and schools.

Note:

- Students graduating with a Bachelor of Science Degree in Therapeutic Health 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 in a timely manner. It is strongly recommended that students consult with an advisor prior to enrolling in courses, and this should occur at least once per semester.

As defined by policy <http://www.csus.edu/umannual/acadaff/fsm00010.htm>, a change in units constitutes a substantive change to the program. If your changes constitute a substantive change, please refer back to the "Program Change Type" field above to ensure that "Substantive" is selected.

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	8 - 13
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 HEALTH SCIENCE COURSES		
9		

Select three Health Science courses:

HLTH 140	Diversity, Equity, and Inclusion in Healthcare (Diversity, Equity, and Inclusion in Healthcare)
HTLH 141	Course HTLH 141 Not Found (Interpersonal Dynamics in Healthcare)
HLTH 142	Course HLTH 142 Not Found (Leadership in Healthcare)
HLTH 143	Course HLTH 143 Not Found (Personal Wellness for Healthcare Professionals)
HLTH 147	Course HLTH 147 Not Found (Alternative Health Practices)
HLTH 149	Health and Disease Pathology (Health and Disease Pathology)
HLTH 151	Neurodiversity (Neurodiversity)
HLTH 155	Perspectives On Leisure 🖋️
HLTH 154	Traumatology: An Introduction to Posttraumatic Growth
HLTH 158	Course HLTH 158 Not Found (Special Populations in Healthcare)
HLTH 159	Innovations in Recreation for Health and Wellness (Entrepreneurship in Healthcare)
HLTH 160	Senior Seminar: Health Science Careers, Policy, and Research
HTLH 170	Course HTLH 170 Not Found (Introduction to Health Informatics)
HLTH 171	Course HLTH 171 Not Found (Artificial Intelligence in Healthcare)
HTLH 195	Course HTLH 195 Not Found
HLTH 199	Independent Study

ELECTIVES18 -
19

Select six elective courses, which may include any HLTH course that is not being used to fulfill another requirement.

CHAD 131	Language Development
CHAD 133	Quantitative Methods in Human Development
CHAD 137	Cognitive Development
CHAD 138	Social and Emotional Development
CHAD 139	Educational Play: Theory and Practice
or KINS 128	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 (Intro 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 or GERO 123	Statistics and Research for Social Workers 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**53-59**

Fiscal Impact to Change an Existing Program

Indicate programmatic or fiscal impact which this change will have on other academic units' programs, and describe the consultation that has occurred with affected units:

Consultation occurred with all academic units with courses that are included in the proposal (see attached).

Attach a copy of correspondence with these units:

Therapeutic_Health_Consultation.pdf

Provide a fiscal analysis of the proposed changes:

Most of the courses listed in the degree program already exist and are running on the Sac State Campus. Most new courses are replacements of discontinued RPTA courses. Workload will be appropriately redistributed among part-time and full-time faculty to cover the courses.

How will the above changes be accommodated within the department/College existing fiscal resources?

Redistributing workload among existing full-time and part-time faculty.

Will the proposed changes require additional resources?

No

What additional space, equipment, operating expenses, library, computer, or media resources, clerical/technical support, or other resources will be needed?

No additional resources are needed.

Estimate the cost and indicate how these resource needs will be accommodated:

No additional resources are needed at this time.

Reviewer Comments:

Andrea Becker (andrea.becker) (Wed, 19 Feb 2025 01:58:46 GMT): Rollback: Please see Academic Council notes.

Janett Torset (torsetj) (Mon, 24 Feb 2025 21:25:56 GMT): Rollback: Rolled back to author at the request of the college.

Key: 387