

BS IN THERAPEUTIC HEALTH AND RECREATION

Graduation Requirements			Fall 2026 - Present		
Minimum 120 units to graduate			Therapeutic Health and Recreation (53-58 units)		
39 units of upper division (courses 100-199)			Lower Division Electives (8-13 units)- Choose two of the following courses:		
American Institutions (AI)			ANTH 2 or SOC 1, BIO 10, BIO 22, BIO 25, BIO 26, BIO 31, BIO 39, CHAD 30, CHEM 6A, CHEM 1A, FSHD 52, HLTH 6, HLTH 22, MATH 10, NUFD 10, NURS 14, PSYC 2, PSYC 8, STAT 1 OR STAT 10B		
#U.S. History					
#U.S. Constitution					
#CA State & Local Government					
1. Written Communication (GE 1A) "C- or better req"			Required Upper Division (18 units)		
2. Second semester Composition (ENGL 20)			(3) HLTH 100: Introduction to Health Science		
3. Writing Placement for Juniors (WPJ) Portfolio			(3) TH 111: Science of Disability		
4. Writing Intensive (WI) "C- or better required"			(3) TH 112: Assessment and Documentation in TH		
Race & Ethnicity in American Society (RE)			(3) TH 113: Therapeutic Health Interventions I		
Foreign Language (HLTH Majors EXEMPT)			(3) TH 114: Therapeutic Health Interventions II		
General Education Requirements (43 units):			(3) TH 115: Management in Therapeutic Health		
AREA 1 (9 units) (C- or better required)			Required Upper Division Electives (9 units)		
1A: English Composition			HLTH 140, HLTH 141, HLTH 142, HLTH 143, HLTH 147, HLTH 149, HLTH 151, HLTH 154, HLTH 155, HLTH 158, HLTH 159, HLTH 160, HLTH 170, HLTH 171		
1B: Critical Thinking					
1C: Oral Communication					
AREA 2: MATH CONCEPTS & QUANT REASONING (3 units) (C- or better required)			Therapeutic Health and Recreation Electives (15 units)		
2: Math/Quant Reasoning			May include HLTH courses that are not being used to satisfy another requirement above		
AREA 3: ARTS & HUMANITIES (6 units)			CHAD 131, CHAD 133, CHAD 137, CHAD 138, CHAD 139 or 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 154, HLTH 155, HLTH 158, HLTH 159, HLTH 160, HLTH 170, HLTH 171, HLTH 195, HLTH 199, FSHD 108, FSHD 150, FSHD 152, FSHD 156, GERO 124 or PSYC 151, KINS 111, KINS 112, KINS 113, KINS 119, KINS 177, SWRK 102, SWRK 110 or GERO 123, SWRK 129, SWRK 151, SWRK 191, PSYC 106, PSYC 137, PSYC 168, PUBH 124, PUBH 150, TH 110, TH 195, WGS 133		
AREA 4: SOCIAL & BEHAVIORAL SCIENCES (6 units) *Minimum of two disciplines (e.g. ANTH, ECON, ETHN, etc.)					
4: Any Area 4 course (AI)					
4: Any Area 4 course					
AREA 5: PHYSICAL & BIOLOGICAL SCIENCES (7 units)					
5A: Physical Science					
5B: Biological Science					
5C: Laboratory					
AREA 6: ETHNIC STUDIES (3 units)			Notes:		
6: Ethnic Studies			All major courses must be completed with a C- grade or better required		
UPPER DIVISION (9 units)			STUDENT NAME:		
AREA 2/5:			STUDENT ID:		
AREA 3:			DATE:		
AREA 4:			ADVISOR:		

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Approved List of Upper Division Therapeutic Health and Recreation Electives

May include HLTH courses that are not being used to satisfy another requirement above.

CHAD 131	Language Development	FDHD 156	Child Life and Family-Centered Care
CHAD 133	Quantitative Methods in Human Development*	GERO 124	Perspectives on Death and Dying
CHAD 137	Cognitive Development	or PSYC 151	Psychological Aspects of Death and Dying
CHAD 138	Educational Play: Theory and Practice	KINS 111	Grant Writing for Social, Community and Human Service Organizations
BIO 140	Medical Microbiology and Emerging Infectious Diseases*	KINS 112	Leadership and Fundraising for Non-Profit Organizations
or KINS 128	The Science of Play	KINS 113	Volunteer Management in Nonprofit, Service, or Community Organizations
CHAD 156	Child and Adolescent Development in Context	KINS 119	Community Organization
EDC 100	Group Counseling Skills	KINS 177	Introduction to Adapted Physical Education
EDC 140	Prevention, Interention, Treatment & Recovery	SWRK 102	Human Sexuality in Social Work Perspectives
EDC 155	Introduction to Counseling: Theories and Techniques*	SWRK 110	Crosscultural Theory and Practice: Issues of Race, Gender, and Class
EDC 156	Advocacy, Identity, & Responsive Care in Substance Use Counseling*	or GERO 123	Research on Aging & the Life Course*
EDC 157	Child and Family Psychopathology	SWRK 129	Human Sexuality in Social Work Perspectives
HLTH 140	Diversity, Equity, and Inclusion in Healthcare*	SWRK 151	Health Services and Systems
HLTH 141	Interpersonal Dynamics in Healthcare	SWRK 191	Exploration of Veteran Studies: An Ethnographic Approach
HLTH 142	Leadership in Healthcare	PSYC 106	Motivation
HLTH 143	Personal Wellness for Healthcare Professionals	PSYC 137	Stress Management
HLTH 147	Alternative Health Practices	PSYC 168	Abnormal Psychology*
HLTH 149	Health and Disease Pathology	PUBH 124	Ethical Considerations in Public Health
HLTH 151	Neurdiversity	PUBH 150	Aging and Health
HLTH 159	Innovations in Health and Wellness	TH 110	Foundations of Therapeutic Recreation
HLTH 160	Health Professions, Research, and Services	TH 195	Therapeutic Recreation Internship*
HLTH 170	Introduction to Health Informatics	WGS 133	Gender and Health
HLTH 171	Artificial Intelligence in Healthcare		
HTLH 195	Health Science Internship*		
HLTH 199	Independent Study*		
FDHD 152	Adolescent Development		

*course has a prerequisite or instructor permission required

THERAPEUTIC HEALTH ACADEMIC PLAN

Chart your 2 or 4 year plan below:

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	