

THERAPEUTIC HEALTH & RECREATION

FOUR YEAR PLAN

Minimum Total Units required for B.S. Degree: 120 (53-58)

This form is to be used in partnership with your advisor - Grade of C - or better required in all courses applied to major

YEAR 1			
SEMESTER 1		SEMESTER 2	
HHS 100 Introduction to Health Science	3 UNITS	AREA 1C: ORAL COMMUNICATION	5 UNITS
AREA 1A: WRITTEN COMMUNICATION°	3 UNITS	AREA 1B: CRITICAL THINKING	3 UNITS
AREA 5B: BIOLOGICAL SCIENCE°	3 UNITS	AREA 2: MATH CON. & QUANT REASON.	3 UNITS
AREA 4: SOCIAL & BEHAV. SCIENCE (LD)	3 UNITS	AREA 6: ETHNIC STUDIES	3 UNITS
ELECTIVE ◇	3 UNITS	TH LD OPTION	3 UNITS
15 UNITS		15 UNITS	
YEAR 2			
SEMESTER 1		SEMSTER 2	
ENGL 20 SECOND SEMESTER COMP.	3 UNITS	AREA 5A/5C: PHYSICAL SCIENCE/LAB	4 UNITS
AREA 3A: ARTS	3 UNITS	AREA 4: SOCIAL & BEHAV. SCIENCE (LD)°°	3 UNITS
AREA 3B: HUMANITIES	3 UNITS	U.S. CONSTITUTION/ CA GOVT	3 UNITS
TH LD OPTION	3 UNITS	TH LD OPTION*	3 UNITS
ELECTIVE ◇	3 UNITS	ELECTIVE ◇	2 UNITS
15 UNITS		15 UNITS	
REGISTER IN UPPER DIVISION MAJOR REQUIREMENTS			
YEAR 3			
SEMESTER 1		SEMESTER 2	
AREA 3A/3B: ARTS/HUMANITIES (UD)	3 UNITS	TH 112 Assessment & Doc in TH	3 UNITS
TH 111 Science of Disability	3 UNITS	TH 113 Therapeutic Health Interventions I	3 UNITS
HLTH ELECTIVE Option	3 UNITS	AREA 2/5: MATH or SCIENCE (UD)	3 UNITS
HLTH ELECTIVE Option	3 UNITS	HLTH ELECTIVE Option	3 UNITS
AREA 4: SOCIAL & BEHAV. SCIENCE (UD)	3 UNITS	ELECTIVE ◇	3 UNITS
15 UNITS		15 UNITS	
YEAR 4			
SEMESTER 1		SEMESTER 2	
TH 114 Therapeutic Health Intevention II	3 UNITS	TH 115 Mgmt in TH	3 UNITS
TH UD ELECTIVE	3 UNITS	TH UD ELECTIVE	3 UNITS
TH UD ELECTIVE	3 UNITS	TH UD ELECTIVE	3 UNITS
TH UD ELECTIVE	3 UNITS	TH UD ELECTIVE	3 UNITS
ELECTIVE ◇	3 UNITS	ELECTIVE ◇	3 UNITS
15 UNITS		15 UNITS	
TOTAL = 120			
Lower Division Requirements		Electives to meet 120 unit minimum	

NOTES:

*Courses in the Therapeutic Health and Recreation program may fulfill both major and general education requirements. Consult with an academic advisor for guidance.

° May be satisfied through High School AP examination credit (NOTE: BIO 10 - score of 4 or higher required).