BS IN THERAPEUTIC HEALTH AND RECREATION

Units required for Major: 53-58
Total units required for BS: 120

Program Description

The Bachelor of Science in Therapeutic Health and Recreation 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.

Students may also pursue specialized knowledge in the science of disability, therapeutic interventions, and program management to acquire the competencies necessary to become certified through the National Council for Therapeutic Recreation (NCTRC).

Note:

- Students graduating with a Bachelor of Science Degree in Therapeutic Health and Recreation 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.

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 and Recreation 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.

Program Requirements

Code	Title	Units
REQUIRED LOWER DIVISION CORE (8-13 Units)		
Select three lower division courses:		8 - 13
ANTH 2	Introduction to Cultural Anthropology	
or SOC 1	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	Introduction to General Chemistry	
or CHEM 1A	General Chemistry I	
FSHD 52	The Child In The Family	
HLTH 6	Medical Terminology for Health Professions	
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	Introduction to Statistics	
or STAT 10B	Introductory Statistics with Developmental Mathematics	
REQUIRED UPPER DIVISION CORE (18 Units)		
HLTH 100	Introduction to Health Science	3
TH 111	Science of Disability	3
TH 112	Assessment and Documentation in Therapeutic Health	3
TH 113	Therapeutic Health Interventions I	3
TH 114	Therapeutic Health Interventions II	3
TH 115	Management in Therapeutic Health	3
REQUIRED HEALTH SCIENCE COURSES (9 Units)		
Select three Health Science courses:		9
HLTH 140	Diversity, Equity, and Inclusion in Healthcare	
HLTH 141	Interpersonal Dynamics in Healthcare	
HLTH 142	Leadership in Healthcare	
HLTH 143	Personal Wellness for Healthcare Professionals	
HLTH 147	Alternative Health Practices	
HLTH 149	Health and Disease Pathology	
HLTH 151	Neurodiversity	
HLTH 155	Perspectives on Health and Wellness	
HLTH 154	Traumatology: An Introduction to Posttraumatic Growth	
HLTH 158	Special Populations in Healthcare	
HLTH 159	Innovations in Health and Wellness	
HLTH 160	Health Professions, Research, and Services	
HLTH 170	Introduction to Health Informatics	
HLTH 171	Artificial Intelligence In Healthcare	
ELECTIVES (18 Units)		
Select 18 units of elective courses, which may include any HLTH course that is not being used to fulfill another requirement:		18
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	Group Counseling Skills
EDC 140	Prevention, Intervention, Treatment, & Recovery (Prevention, Intervention, Treatment, & Recovery)
EDC 155	Introduction to Counseling: Theories and Techniques (Intro to Counseling)
EDC 156	Advocacy, Identity, & Responsive Care in Substance Use Counseling (Power, Privilege and Self-Identity)
EDUC 157	Child and Family Psychopathology
HLTH 140	Diversity, Equity, and Inclusion in Healthcare
HLTH 141	Interpersonal Dynamics in Healthcare
HLTH 142	Leadership in Healthcare
HLTH 143	Personal Wellness for Healthcare Professionals
HLTH 147	Alternative Health Practices
HLTH 149	Health and Disease Pathology
HLTH 151	Neurodiversity
HLTH 159	Innovations in Health and Wellness
HLTH 154	Traumatology: An Introduction to Posttraumatic Growth
HLTH 160	Health Professions, Research, and Services
HLTH 170	Introduction to Health Informatics
HLTH 171	Artificial Intelligence In Healthcare
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
PSYC 168	Abnormal Psychology
PUBH 124	Ethical Considerations in Public Health
PUBH 150	Aging and Health
TH 110	Foundations of Therapeutic Recreation
TH 195	Therapeutic Recreation Internship
WGS 133	Gender & Health
Total Units	**53-58**

General Education Requirements [1]

Code	Title	Units
Area 1: English Communication (9 Units)		
1A - English Composition		3
1B - Critical Thinking		3
1C - Oral Communication		3
Area 2: Mathematical Concepts and Quantitative Reasoning (3 Units)		
Area 2 Course - Lower Division		3
Area 3: The Arts and Humanities (6 Units)		
3A - Arts		3
3B - Humanities		3
Area 4: Social and Behavioral Sciences (6 Units)		
Area 4 Course -Lower Division		3
Area 4 Course - Lower Division		3
Area 5: Physical and Biological Sciences (7 Units)		
5A - Physical Science		3
5B - Biological Science		3
5C - Laboratory		1
Area 6: Ethnic Studies (3 Units)		
Area 6 Course		3
Upper Division Courses: (9 Units)		
Area 3 Course - Upper Division		3
Area 4 Course - Upper Division		3
Area 2 OR Area 5 Course - Upper Division		3
Total Units		**43**

[1] To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (https://catalog.csus.edu/colleges/academic-affairs/general-education/).
Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (http://www.csus.edu/acad), by phone (916) 278-1000, or email (advising@csus.edu).

[2] Required in Major; also satisfies GE.

Graduation Requirements [1]

Code	Title	Units
Graduation Requirements (required by CSU) (9 Units)		
American Institutions: U.S. History		3
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI)		3
Graduation Requirements (required by Sacramento State) (12 Units)		
English Composition II		3
Race and Ethnicity in American Society (RE)		3
Foreign Language Proficiency Requirement [2]		6

[1] To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (https://catalog.csus.edu/colleges/academic-affairs/general-education/).
Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (http://www.csus.edu/acad), by phone (916) 278-1000, or email (advising@csus.edu).

[2] If not satisfied before entering Sacramento State, it may be satisfied in General Education Area 3B (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html

The following roadmaps are sample planning resources. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

Therapeutic Health and Recreation, BS: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HHS 100		
GE Area 1A - English Composition [2]		3
GE Area 4 - Social & Behavioral Sciences [2]		3
GE Area 5B - Biological Science [2]		3
Elective of Choice		3
	Units	**12**
Second Semester		
GE Area 1B - Critical Thinking [2]		3
GE Area 1C - Oral Communication [2]		3
GE Area 2 - Mathematical Concepts & Quantitative Reasoning [2]		3
GE Area 6 - Ethnic Studies [2]		3
Therapeutic Health Elective [3]		3
	Units	**15**
Year 2		
First Semester		
GE Area 3A - Arts [2]		3
GE Area 3B - Humanities [2]		3
Second Semester Composition [2]		3
Therapeutic Health Elective [3]		3
Elective of Choice		3
	Units	**15**
Second Semester		
GR American Institutions (US History) [2]		3
GR American Institutions (GOVT) [2]		3
GE Area 5A - Physical Science [2]		3
GE Area 5C - Laboratory [2]		1
Therapeutic Health Elective [3]		3
Elective of Choice		3
	Units	**16**
Year 3		
First Semester		
TH 111	Science of Disability	3
Health Elective [3]		3
Health Elective [3]		3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive [2]		3
Upper Division GE Area 4 - Social & Behavioral Sciences [2]		3
	Units	**15**
Second Semester		
TH 112	Assessment and Documentation in Therapeutic Health	3
TH 113	Therapeutic Health Interventions I	3
Health Elective [3]		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning [2]		3
Elective of Choice		3
	Units	**15**
Year 4		
First Semester		
TH 114	Therapeutic Health Interventions II	3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Elective of Choice		3
	Units	**15**
Second Semester		
TH 115	Management in Therapeutic Health	3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Elective of Choice		3
	Units	**15**
	Total Units	**118**

Therapeutic Health and Recreation, BS: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HHS 100		
TH 111	Science of Disability	3
Health Elective [3]		3
Health Elective [3]		3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive [2]		3
	Units	**12**
Second Semester		
TH 112	Assessment and Documentation in Therapeutic Health	3
TH 113	Therapeutic Health Interventions I	3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning [2]		3
Upper Division GE Area 4 - Social & Behavioral Sciences [2]		3
Health Elective [3]		3
	Units	**15**
Year 2		
First Semester		
TH 114	Therapeutic Health Interventions II	3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Elective of Choice		3
	Units	**15**

Second Semester		
TH 115	Management in Therapeutic Health	3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Therapeutic Health Upper Division Elective [3]		3
Elective of Choice		3
	Units	**15**
	Total Units	**57**

1. Any course not completed in the first semester should be taken in the second or a later semester.
2. Please see General Education/Graduation Requirement **course options (https://catalog.csus.edu/colleges/engineering-computer-science/engineering-civil/bs-in-civil-engineering/colleges/academic-affairs/general-education/)**.
3. Please see an academic advisor for elective options.