

**California State University,
Dominguez Hills, Carson, CA**

**Recreation and Leisure Studies
Major and Minor**

**BE A PART OF OUR
PROGRESSIVE TEAM!!
** CHOOSE RECREATION **
ENJOY YOUR TORO EDUCATION
AND YOUR CAREER**

PROGRAM COORDINATOR

Dr. Mary Lou Cappel
Recreation and Leisure Studies
California State University,
Dominguez Hills
1000 East Victoria Street
Carson, CA 90747

PHONE

310-243-3537 (Main Office)
310-243-3761 (Division Office)

FAX

310-217-6946

E-MAIL

mcappel@csudh.edu

WEBSITE

www.csudh.edu/hhs/RLS

CAMPUS LOCATION

South Academic Complex
(SAC) 1129



Directions to campus, application,
financial aid, and further information:

www.csudh.edu

Contact the Recreation and Leisure
Studies program.

We are ready to assist you with your
educational plan and career goals.



Recreation and Leisure Studies

**- Bachelor of Arts -
Options in
Recreation Administration
and
Therapeutic Recreation**

**- Minor -
Recreation and Leisure Studies**

**ENJOY YOUR EDUCATION AND
YOUR CAREER!!**

CONTACT:

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Program Coordinator
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College of Health and Human Services
Division of Kinesiology and Recreation
www.csudh.edu/hhs/RLS

Recreation and Leisure Studies California State University, Dominguez Hills, Carson, CA

WHAT CAN YOU DO WITH THIS CUTTING EDGE MAJOR??

Plan, coordinate, implement, and supervise beneficial recreation and leisure activities for all ages and abilities in varied and challenging settings.

Assist challenged and disabled individuals to develop an enhanced independent quality of life using a recreation service delivery system.

Work with Many Types of Populations:

Children, Youth, Teens, Families, Adults, Seniors, Disabled, Underserved, At-risk Youth, Chronically Ill, Special Populations, Disadvantaged

Career Options:

Supervisor, Manager, Coordinator, Leader, Meeting Planner, Therapist, Educator, Special Events Professional, Consultant, Business Owner

Recreation Administration Settings:

City Recreation & Park Departments, Community Centers, Day Care Centers, After School Programs, Coaching, YMCA YWCA, Boys and Girls Clubs, Summer Camps, Fitness Centers, Sports Camps, Correctional Facilities, Meeting and Convention Centers, Hotels, Resorts, Restaurants, Theme Parks, Eco-tourism, Entertainment Centers

Therapeutic Recreation Settings:

Hospitals, Rehabilitation, Group homes, Mental Health Care Facilities, Retirement centers, Nursing homes, Hospice, Adult day care, Acute care

REC 100-Dimensions of Leisure fulfills the General Education requirement for "E" The Whole Person.

All levels of **American Sign Language** are offered.

Recreation and Leisure Studies Major Recreation Administration Option (52 units)

Single field major – No minor required

Common Core Requirements

A. Lower Division Required (12 units)

REC 120-Foundations of Rec & Leisure Services
REC 124-Leadership in Rec & Leisure Services
REC 220-Recreation Group Activities
REC 225-Introduction to Therapeutic Recreation

B. Upper Division Required (21 units)

REC 331-Programming for Leisure Services
REC 334-Ther Recreation & Gerontology
REC 335-Management of Rec & Leis Services
REC 428-Conference and Event Planning
REC 440-Legal & Financial Aspects of Leis Serv
REC 490-Seminar in Leisure Services
REC 493-Dir Field Exp Rec & Leis Services

Recreation Administration Option

C. Lower Division Required (1 unit)

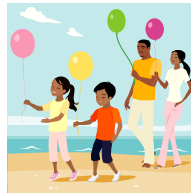
REC 260-Outdoor Education

D. Upper Division Required (15 units)

KIN 302-Tech Methods in PE & Recreation
REC 341-Campus Recreation Services
REC 400-Promoting Rec and Leisure Services
REC 420-Rec Serv for the Urban Community
REC 438-Commercial Recreation

E. Electives Required (3 units): Select one

REC 425-Contemporary Issues in Therapeutic Rec
REC 445-Rec Therapy Treatment & Procedures



For Non-Recreation majors:

MINOR, 15 units

Recreation & Leisure Studies

Select five courses (15 units) with advisement (a maximum of six lower division units may apply).

Recreation and Leisure Studies Major Therapeutic Recreation Option (63 units)

Single field major - No minor required

Common Core Requirements

A. Lower Division Required (12 units)

REC 120-Foundations of Rec & Leisure Services
REC 124-Leadership in Rec & Leisure Services
REC 220- Recreation Group Activities
REC 225-Introduction to Therapeutic Recreation

B. Upper Division Required (21 units)

REC 331-Programming for Leisure Services
REC 334-Ther Rec & Gerontology
REC 335-Management of Rec & Leis Services
REC 428-Conference and Event Planning
REC 440-Legal & Fin'l Aspects of Leis Services
REC 490-Seminar in Leisure Services
REC 493-Dir Field Exp Rec & Leis Services

Therapeutic Recreation Option

C. Lower Division Required (3 units)

BIO 250 - Elem of Human Anatomy & Phys

D. Upper Division Requirements (15 units)

REC 425-Contemporary Issues in Ther Rec
REC 445-Rec Ther Treatment & Procedures
REC 496-Internship in Therapeutic Rec (6)
PSY 363-The Abnormal Personality

E. Electives (12 units)

Recommended Courses: Seek Advisement.

KIN 304-Adapted Physical Education **OR**
KIN 305-Motor Learning
PSY 350-Child Psychology
PSY 352-Psy of Adult Development & Aging
SOC 365-Deviant Behavior

Completion of this option meets the educational requirements to apply for certification by the California Board of Recreation and Park Certification (Recreation Therapist Certified), and the National Council for Therapeutic Recreation Certification (Certified Therapeutic Recreation Specialist). Additional non-academic requirements are necessary for the certifications.