



Associate of Occupational Studies in Holistic Health Care Concentration in : Advanced Bodyworker Practitioner (AOS/C-BW600)

60 Credit Hours
1192 -1199 Classroom Hours
24 Months Full Time
36 Months Part Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
BC 200	Basic Finance	16	1.00		
BC 105	Business Writing	15	1.00		
BC 550 P\$	Life Coaching - An Introduction	20	1.25		
CC 302	Mastery Skills for Practitioners	30	2.00		
HN 101	Nutrition - Fundamentals of Holistic Nutrition & Wellness	30	2.00		
BC 401	Public Speaking	15	1.00		
CC 250	Psychology Theories - Honoring the Masters	30	2.00		
BC 250	Statistical Research Project	16	1.00		
BC 402	Seminar & Presentation	15	1.00		
NC 120	Stress Management	15	1.00		
HH 500	Sustainability & Conscious Living	15	1.00		
BC 410	Writing for Publication	15	1.00		
AOS GENERAL EDUCATION REQUIREMENTS SUBTOTAL		232	15.25		
SM 150	Ayurveda - Introduction	30	2.00		
BC 511	Business Development & Entrepreneurial Support	48	1.25		
SC 455	Exercise Wellness	30	2.00		
AOS CORE COURSES SUBTOTAL		108	5.25		
MT 115	Anatomy	60	4.00		
MT 530	CPR Certification	4	0.25		
BC 302	Business Practices for Massage Therapists	12	0.75		
BC 301	Ethics for Massage Therapists	8	0.50		
MT 521	First Aid	8	0.25		
SC 415	Pathology - BW	40	2.50		
MT 500	Physiology	60	4.00		
BODYWORK CORE COURSES SUBTOTAL		192	12.25		
CHOOSE 27.25 CREDITS OF SPECIALTIES AND/OR ELECTIVES *Please see advisor for list of available elective choices that will compliment your chosen specialty. Below are optional specialties.					
AR	Aromatherapy	100	5.50		
CRA	Cranial Unwinding	200	8.50		
HN	Holistic Nutrition Specialist **	170	9.75		
HY	Hypnotherapy **	100	4.75		
LC	Life Coaching **	80	3.75		
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	200	7.50		
RE	Reiki	100	2.75		
YO	Yoga Teacher Training	200	6.25		
SPECIALTIES & ELECTIVES SUBTOTAL		660-667	27.25		
TOTAL		1192-1199	60.00		

OTHER AVAILABLE BODYWORK ELECTIVES

OE 130	Barefoot Shiatsu	10	0.25		
OS 740	Chi Gung - Meridian Exercises	12	0.25		
EC 105	Energetic Acupressure - Overview of Asian Therapies	16	0.50		
OE 150	Seated Shiatsu	6	0.25		
OE 640	Thai Massage - Foot Massage	20	0.50		
OE 620	Thai Massage - Traditional	40	1.25		
OS 200	Asian Theory I	40	2.50		
OS 213	Asian Theory II	60	3.25	OS 200	
OS 226	Tui Na – Asian Assessment	20	1.00	OS 200	
OS 252	Tui Na – Point Location	20	1.00		
OS 240	Tui Na – Technique & Bodywork	40	1.50	OS 252	
OS 320	Zen Shiatsu - Clinical Assessment	40	1.25		
OS 300	Zen Shiatsu - Form	36	1.00		

OS 310	Zen Shiatsu - Meridian Therapy	40	1.25	
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* In the state of Arizona, bodyworkers practicing clothed modalities such as Cranial, Reflexology, Zen Shiatsu, Tui Na, or Polarity are not required to be licensed as a Massage Therapist.

** These specialties are REQUIRED to be paired with on-body modalities.

Student _____ Date _____

Advisor _____ Date _____

SWIHA's mission is to help individuals discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.