



Associate of Occupational Studies in Holistic Health Care Concentration in: Professional Massage Practitioner (AOS/C-MT 750)

60 Credit Hours
1131-1334 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 - Introduction to 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 & Intro to Yoga | 30 | 2.00 | | |
| | AOS CORE COURSES SUBTOTAL | 108 | 5.25 | | |
| MT 115 | Anatomy | 60 | 4.00 | | |
| BC 302 | Business Practices for Massage Therapists | 12 | 0.75 | | |
| CC 100 | Communication Skills for Practitioners I | 15 | 1.00 | | |
| CC 101 | Communication Skills for Practitioners II | 15 | 1.00 | CC 100 | |
| MT 530 | CPR Certification | 4 | 0.25 | | |
| BC 301 | Ethics for Massage Therapists | 8 | 0.50 | | |
| MT 521 | First Aid | 8 | 0.25 | | |
| MT 151 | Kinesiology - Anatomical Applications | 36 | 2.25 | MT 115 | |
| SC 415 | Pathology - BW | 40 | 2.50 | | |
| MT 500 | Physiology | 60 | 4.00 | | |
| BC 110 | SOAP Notes | 6 | 0.25 | | |
| | PROFESSIONAL MASSAGE CORE COURSES SUBTOTAL | 264 | 16.75 | | |
| MT 200 | Swedish Massage* | 40 | 1.25 | | |
| EV 003 | Massage Clinic Orientation ** | - | - | | |
| MT 750 | Massage Clinic - Supervised MT 750 | 75 | 1.50 | MT 200 or LICENSED | |
| PC 850 | Cranial Unwinding I | 20 | 1.00 | | |
| TE 220 | Deep Tissue Sculpting | 24 | 0.75 | MT 200 or LICENSED | |
| MT 400 | Myotherapy - 7 Step Release | 40 | 1.25 | MT 200 or LICENSED | |
| TE 560 | Reflexology - Introduction *** | 8 | 0.25 | | |
| | PROFESSIONAL MASSAGE HANDS-ON COURSES SUBTOTAL | 207 | 6.00 | | |
| CHOOSE 16.75 CREDITS OF SPECIALTIES AND/OR ELECTIVES *Please see advisor for list of available elective choices that will complement your chosen specialty. Below are optional specialties. | | | | | |
| AR | Aromatherapy | 100 | 5.50 | | |
| CRA | Cranial Unwinding | 180 | 7.50 | | |
| HN | Holistic Nutrition Specialist | 170 | 9.75 | | |
| HY | Hypnotherapy | 100 | 4.75 | | |
| MEDM | Medical Massage | 100 | 3.75 | | |
| MYF | Myofascial | 100 | 3.00 | | |
| TM1 | Myotherapy | 200 | 6.25 | | |
| POL-APP | Polarity - Associate Polarity Practitioner | 200 | 9.00 | | |
| RF | Reflexology | 200 | 7.50 | | |
| RE | Reiki | 100 | 2.75 | | |
| ST | Spa Treatments | 200 | 7.50 | | |
| SPT | Special Touch | 100 | 3.00 | | |
| YO | Yoga Teacher Training | 200 | 6.25 | | |
| | SPECIALTIES & ELECTIVES SUBTOTAL | 309-449 | 16.75 | | |
| | TOTAL | 1120-1260 | 60.00 | | |

OTHER AVAILABLE MASSAGE ELECTIVE COURSES

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|------------|---|----|------|--------------------|--|
| EL 600 | Canine Massage | 4 | 0.25 | | |
| HH 320 | Castor Oil Cleansing Therapy | 8 | 0.25 | MT 200 or Licensed | |
| MT 300 | Corporate Chair Introduction | 4 | 0.25 | MT 200 or Licensed | |
| EL 100 | Ear Coning - Ancient | 4 | 0.25 | | |
| EL 220 | Face Lift Acupressure | 4 | 0.25 | | |
| LS 200 P\$ | LaStone - Advanced Geothermal Energy | 27 | 0.75 | ST 400 | |
| ST 400 P\$ | LaStone - Deep Stone Therapy | 30 | 1.00 | MT 200 or Licensed | |
| TE 511 | Stretching Your Client with Advanced Draping Techniques | 4 | 0.25 | MT 200 or Licensed | |
| TE 740 | TMJ Release | 4 | 0.25 | MT 200 or Licensed | |
| TE 512 | Posture for Massage Therapists | 5 | 0.25 | | |

*Required Courses for Massage

**Required Orientation before scheduling into the massage clinic.

***If Reflexology Specialty is taken as part of the MT750 program, TE560 Reflexology - Introduction is no longer required for the MT750 Diploma

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The following classes are not eligible to be used for clinic hours in the MT-750 hour programs:

EC 795 Reiki Clinic Transformational

EC 796 Reiki Clinic Traditional

RF 103 Reflexology Clinic

PC 930 Polarity - Sessions given for Associate Polarity Practitioner

OS 920 Asian Therapy Clinic

EC 799 Reiki Clinic Traditional

HY 300 Hypnotherapy III

PC 970 Polarity - Sessions given for Registered Polarity Practitioner

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.