



Associate of Occupational Studies in Holistic Health Care Concentration in: Western Herbalism (AOS/C-WH)

60 Credit Hours
1062 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		
SC 250	Botany	45	3.00		
SC 425	Pathology - WH	40	2.50	MT 500	
MT 500	Physiology	60	4.00		
WH 100	Western Herbalism - Foundations of American Herbal Studies	30	2.00		
WH 210	Western Herbalism - Sect A - Sowing	45	2.50	WH 100	
WH 220	Western Herbalism - Sect B - Germination	45	2.50	WH 210	
WH 230	Western Herbalism - Sect C - Growth	45	2.50	WH 220	
WH 240	Western Herbalism - Sect D - Harvest	45	2.50	WH 230	
WH 275	Western Herbalism - Herbal Flowers	16	1.00		
WH 280	Western Herbalism - Herbal Bio Arts Clinic Preparations	45	3.00	WH 230	
WH 300	Western Herbalism - Externship - Flight	60	1.25	WH 240	
WH 350	Western Herbalism - Master Project	40	1.00	WH 100	
WESTERN HERBALISM CORE COURSES SUBTOTAL		516	27.75		
CHOOSE 11.75 CREDITS OF SPECIALTIES AND/OR ELECTIVES					
SPECIALTY COMBINATION *Please see advisor for list of other available elective choices that will complement your chosen specialty.					
AR	Aromatherapy	100	5.50		
UFC	Urban Farming & Conscious Living	100	5.50		
ELECTIVE COMBINATION THAT COMPLIMENTS ABOVE SPECIALTY CHOICES *Please see advisor for list of other available elective choices that will complement your chosen specialty.					
WH 365	Western Herbalism - Manufacturing & Remedy Production	14	0.50	WH 100	
WH 376	Western Herbalism - Formulary Practicum	15	0.75	WH 240	
SPECIALTIES & ELECTIVES SUBTOTAL		229	11.75		
TOTAL		1062	60.00		
Other Available Western Herbalism Electives					
WH 150	Western Herbalism - Herbal Specialties in Clinical Herbalism	10	0.50		
WH 250	Western Herbalism - Herbal Specialties Babies & Children	8	0.50		
WH 256	Western Herbalism - The Green Man	12	0.75	WH 100	
WH 265	Western Herbalism - The Herbal Goddess	18	1.00		
SC 210	Homeopathic Remedies - Introduction	24	1.50		

Student _____ Date _____

Advisor _____

