



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

60 Credits - 2 Years/ 24 months

AOS GENERAL EDUCATION REQUIREMENTS

Code	Course	Hours	Credits	Pre-Requisite	Date
BC 200	Basic Finance	16	1.00		
BC 101	English Composition	15	1.00		
BC 550 P\$	Life Coaching - An Introduction	20	1.25		
CC 302	Mastery Skills for Practitioners	30	2.00		
NC 110	Nutrition - Holistic Foundations I	45	3.00		
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		
BC 410	Writing for Publication	15	1.00		
SUB TOTALS		232	15.25		

AOS CORE COURSES

SM 150	Ayurveda - Introduction	30	2.00		
BC 511	Business Development & Entrepreneurial Support	48	1.25		
SC 455	Exercise Wellness	30	2.00		
HH 500	Sustainability and Conscious Living	15	1.00		
SUB TOTALS		123	6.25		

BODYWORK CORE COURSES

MT 115	Anatomy	60	4.00		
MT 530	CPR Certification	4	0.25		
BC 301	Ethics for Massage Therapists	8	0.50		
MT 520	First Aid	8	0.25		
SC 415	Pathology -BW	40	2.50		
MT 500	Physiology	60	4.00		
SUB TOTALS		180	11.50		

CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES TO TOTAL 60 CREDITS

AR	Aromatherapy	100	5.50		
CRA	Cranial Unwinding	200	8.50		
HN	Holistic Nutrition Specialist **	155	9.00		
HY	Hypnotherapy **	80	3.75		
LC	Life Coaching **	80	3.50		
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	200	7- 7.25		
RE	Reiki	100	2.75		
SPAM	Spa Management	200	10.75		
TUINA	Tui Na	200	10.00		
YO	Yoga Teacher Training	200	6.75		
ZEN	Zen Shiatsu	200	7.00		
SUB TOTALS			27.00		
TOTALS			60.00		

*NOT ELIGIBLE FOR MASSAGE LICENSURE IN THE STATE OF ARIZONA

** IT IS REQUIRED TO PAIR THESE SPECIALITIES WITH ON-BODY MODALITIES

Student _____ 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.