



Associate of Occupational Studies Degree in Holistic Health Care Concentration in:
Professional Massage Practitioner (MT750)

60 Credit Hours - 2 Years/ 24 months

AOS GENERAL EDUCATION REQUIREMENTS

Code	Course	Clock	Credit	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		
CC 250	Psychology Theories Honoring the Masters	30	2.00		
BC 401	Public Speaking	15	1.00		
BC 402	Seminar & Presentation	15	1.00		
BC 250	Statistical Research Project	16	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		

PROFESSIONAL MASSAGE COURSES

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 520	First Aid	8	0.25		
MT 151	Kinesiology	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		
SUB TOTALS		264	16.75		

PROFESSIONAL MASSAGE HANDS ON COURSES

PC 850	Cranial Unwinding I	20	1.00		
TE 220	Deep Tissue Sculpting	24	0.75	MT 200 or MT400 or EC 145	
MT 975	Massage Clinic - Supervised MT 750	75	1.50	MT 200 or MT400 or EC 145	
MT 400	Myotherapy - 7 Step Release	40	1.25		
TE 560	Reflexology - Introduction	8	0.25		
MT 200	Swedish Massage	40	1.25		
SUB TOTALS		207	6.00		

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	3.50		
MEDM	Medical Massage	100	3.75		
MYO	Myofascial	100	3.00		
TMI1	Myotherapy	200	6.25		
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		
ST	Spa Treatments	200	7.50		
SPT	Special Touch	100	3.00		
TUINA	Tui Na	200	10.00		
YO	Yoga Teacher Training	200	6.75		
ZEN	Zen Shiatsu	200	7.00		
SUB TOTAL		VARIES	15.75		
TOTAL		VARIES	60.00		

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.