



Associate in Occupational Studies Degree in Holistic Health Care Concentration in:
Spa Management and Leadership (AOS/C-SPA)

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 | | |
| 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 | | |

AOS & SPA MANAGEMENT CORE COURSES

| | | | | | |
|-------------------|---|------------|--------------|--|--|
| SM 130 | Spa Management - Customer Service & The Spa Industry | 20 | 1.25 | | |
| SM 212 | Spa Management - Feng Shui | 15 | 0.50 | | |
| SM 211 | Spa Management - Fundamentals of Spa Design | 15 | 0.75 | | |
| SM 120 | Spa Management - Human Resources & Leadership | 30 | 2.00 | | |
| SM 105 | Spa Management - Intro to Retail Management & Marketing | 30 | 2.00 | | |
| SM 100 | Spa Management - Intro to Spa Industry & Operations | 20 | 1.25 | | |
| SM 222 | Spa Management - Spa Finance | 22 | 1.25 | | |
| SM 260 | Spa Management - Spa Internship | 60 | 1.50 | | |
| SUB TOTALS | | 290 | 13.75 | | |

CHOOSE ONE SPECIALITY AND ELECTIVES TO TOTAL 60 CREDITS

| | | | | | |
|-------------------|-----------------------------------|--------|--------------|--|--|
| BW 600 | Advanced Bodyworker Practitioner | 600 | 24.00 | | |
| CO | Cosmetology | varies | 25.00 | | |
| NA | Natural Aesthetics Practitioner | 600 | 24.00 | | |
| MT 750 | Professional Massage Practitioner | 750 | 25.00 | | |
| SUB TOTALS | | varies | varies | | |
| TOTALS | | varies | 60.00 | | |

Student _____ Advisor _____ Date _____

SWIHA's mission is to help individuals discover their gifts and graces, and ultimately take them out into the world in a loving and profitable way.