



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

60 Credits - 2 Years/ 24 months

graduating great therapists

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		
SC 455	Exercise Wellness	30	2.00		
HH 500	Sustainability & Conscious Living	15	1.00		

WESTERN HERBALISM CORE COURSES

SC 250	Botany	45	3.00		
SC 425	Pathology - WH	40	2.50	MT 500	
MT 500	Physiology	60	4.00		
WH 300	Western Herbalism - Externship - Flight	60	1.25	WH 240	
WH 100	Western Herbalism - Foundations of American Herbal Studies	30	2.00		
WH 280	Western Herbalism – Herbal Bio Arts Clinic Preparations	45	3.00	WH 280	
WH 275	Western Herbalism - Herbal Flowers	16	1.00		
WH 350	Western Herbalism - Master Project	40	1.00	WH 100	
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	
SUB TOTALS		639	34.00		

CHOOSE ELECTIVES TO TOTAL 60 CREDITS

HIGHLY RECCOMENDED HERBAL ELECTIVES

AR 100	Aromatherapy - Introduction	20	1.25		
SC 210	Homeopathic Remedies - Introduction	24	1.25		
WH 376	Western Herbalism - Formulary Practicum	15	0.75	WH 200	
WH 250	Western Herbalism - Herbal Specialties Babies & Children	8	0.50		
WH 365	Western Herbalism - Manufacturing & Remedy Production	14	0.50	WH 100	
WH 256	Western Herbalism - The Green Man	8	0.50		
WH 265	Western Herbalism - The Herbal Goddess	18	1.00		
WH 150	Western Herbalism -Herbal Specialties in Clinical Herbalism	10	0.50		
SUB TOTALS		VARIES	VARIES		
TOTALS		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.