



Associate in Occupational Studies Degree in Holistic Health Care Concentration in:
Mind Body Transformational Psychology ONLINE (AOS/C-PSYCH-OL)
 60 Credits - 2 Years/ 24 months

AOS GENERAL EDUCATION REQUIREMENTS

Code	Course	Hours	Credit	Pre-Requisites	Date
BC 200-OL	Basic Finance ONLINE	16	1.00		
BC 101-OL	English Composition ONLINE	15	1.00		
BC 550-OL	Life Coaching - An Introduction ONLINE *	20	1.25		
CC 302-OL	Mastery Skills for Practitioners ONLINE *	30	2.00		
NC 110-OL	Nutrition - Holistic Foundations I ONLINE	45	3.00		
CC 250-OL	Psychology Theories - Honoring the Masters ONLINE	30	2.00		
BC 401-OL	Public Speaking ONLINE *	15	1.00		
BC 402-OL	Seminar & Presentation ONLINE	15	1.00		
BC 250-OL	Statistical Research Project ONLINE	16	1.00		
NC 120-OL	Stress Management ONLINE	15	1.00		
BC 410-OL	Writing for Publication ONLINE *	15	1.00		
SUB TOTALS		232	15.25		

AOS & MIND BODY CORE COURSES

AR 100-OL	Aromatherapy - Introduction ONLINE	20	1.25		
SM150-OL	Ayurveda - Introduction ONLINE	30	2.00		
EC 101-OL	Energy Anatomy, Part 1 ONLINE	32	2.25		
EC 102-OL	Energy Anatomy, Part 2 ONLINE	36	2.25	EC 101-OL	
HY 100-OL	Hypnotherapy - Level I ONLINE	20	1.25		
CC 120-OL	Intuitive Studies - Introduction ONLINE	30	2.00		
HH 500-OL	Sustainability & Conscious Living ONLINE	15	1.00		
SUB TOTALS		183	12.00		

TRANSFORMATIONAL PSYCHOLOGY & SPIRITUAL STUDIES CORE COURSES

CC 115-OL	Alternative Lifestyles & Diversity ONLINE	30	2.00		
SP 151-OL	Comparative Religion/Unity & Tolerances ONLINE	25	1.75		
SP 430-OL	Death, Dying and Hospice ONLINE	15	1.00		
CC 140-OL	Developmental Psychology - Awaken the Heroes Within ONLINE	30	2.00		
SP 275-OL	Prayer Therapy ONLINE	15	1.00		
CC 130-OL	Psychology of Addiction - Understanding the Shadow ONLINE	30	2.00		
NC 125-OL	Support Group Facilitation ONLINE	15	1.00		
SUB TOTALS		160	10.75		

MIND BODY WELLNESS SPECIALTY

MBWP	Mind Body Wellness Practitioner ONLINE	600	31.25-37.00		
SUB TOTALS		600	31.25-37.00		
SUB TOTALS		1040-1095	60.00		

* Denotes courses that also satisfy MBWP-OL requirements

Student _____ Date _____

Advisor _____ Date _____

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DIPLOMA
Mind Body Wellness Practitioner ONLINE (MBWP-OL)

600 Classroom Hours Credit Hours Vary
 12 Months Full Time 18 Months Part Time

MIND BODY WELLNESS & ENTREPRENEURIAL REQUIREMENTS

Code	Course	Clock	Credit	Pre-Requisites	Date
AR 106-OL	Aromatherapy for the Spirit ONLINE	20	1.25		
EL 142-OL	Auriculotherapy ONLINE	16	0.50		
BC 515-OL	Business Development & Entrepreneurial Support ONLINE	48	3.00		
AR 133-OL	Flower Essences ONLINE	16	1.00		
SC 210-OL	Homeopathic Remedies - Introduction ONLINE	24	1.50		
BC 550-OL P\$	Life Coaching - An Introduction ONLINE	20	1.25		
BC 561-OL	Life Coaching - Core Part I ONLINE	40	2.00		
BC 562-OL	Life Coaching - Core Part II ONLINE	40	1.75	BC 561-OL	
CC 302-OL	Mastery Skills for Practitioners ONLINE	30	2.00		
BC 401-OL	Public Speaking ONLINE	15	1.00		
RF 150-OL	Toe Reading - Introduction ONLINE	16	0.50		
BC 410-OL	Writing for Publication ONLINE	15	1.00		
SUB TOTAL		300	16.75		

SPIRITUAL STUDIES MAJOR 200 HOURS OR MINOR 100 HOURS

SP 410-OL	Ceremonies & Sacred Space ONLINE	15	1.00		
SP 151-OL	Comparative Religion / Unity & Tolerances ONLINE	25	1.75		
SP 430-OL	Death, Dying & Hospice ONLINE	15	1.00		
SP 420-OL	Ministerial Duties / Ethics & Responsibilities ONLINE	30	2.00		
SP 275-OL	Prayer Therapy ONLINE	15	1.00		
MINOR		100	6.75		
SP 441-OL	Spiritual Coaching & Guidance Mentoring ONLINE	20	1.25		
SP 450-OL	Meditation & Mindfulness ONLINE	15	1.00		
SP 160-OL	Mysticism ONLINE	15	1.00		
SP 446-OL	Universal Laws –Practical Application ONLINE	20	1.25		
SP 333-OL	Archangels ONLINE	15	1.00		
SP 435-OL	Developing Your Spiritual Gifts ONLINE	15	1.00		
MAJOR		200	13.25		

NUTRITION MAJOR 200 HOURS OR MINOR 105 HOURS

NC 110-OL	Nutrition - Holistic Foundations I ONLINE	45	3.00		
NC 310-OL	Nutrition - Holistic Nutrition Foundations II ONLINE	60	4.00	NC 110-OL	
MINOR		105	7.00		
NC 340-OL	Nutrition - Supplements Introduction ONLINE	15	1.00		
NC 140-OL	Nutrition - Therapies ONLINE	15	1.00	NC 110-OL or NC 340-OL	
NC 331-OL	Nutrition - Weight Management ONLINE	30	1.50	NC 110-OL or NC 340-OL	
NC 200-OL	Nutrition - Whole Food Cooking ONLINE	20	0.50		
NC 250-OL	Nutrition - Whole Food Cuisine and Recipes ONLINE	15	0.50		
MAJOR		200	11.50		

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HYPNOTHERAPY MAJOR 200 HOURS OR MINOR 100 HOURS

HY 100-OL	Hypnotherapy - Level I ONLINE	20	1.25		
HY 200-OL	Hypnotherapy II ONLINE	40	2.50	HY 100-OL	
HY 300-OL	Hypnotherapy III ONLINE	40	1.00	HY 200-OL	
	MINOR	100	4.75		
HY 315-OL	Hypno - Fears, Phobias & Addictions ONLINE	15	1.00	HY 200-OL	
HY 401-OL	Hypnotherapy - Advanced Techniques ONLINE	25	1.00	HY 300-OL	
HY 350-OL	Hypnotherapy - Past-Life Regression ONLINE	20	1.00	HY 300-OL	
HY 421-OL	Hypnotherapy - Script Writing ONLINE	20	1.25	HY 200-OL	
EL 725-OL	NLP - Neuro Linguistic Programming ONLINE	20	0.50		
	MAJOR	200	9.50		

URBAN FARMING EDUCATOR MAJOR 200 HOURS OR URBAN FARMING & CONSCIOUS LIVING MINOR 100 HOURS

HH 500-OL	Sustainability & Conscious Living	15	1.00		
UF 100-OL	Urban Farming - Field-to-Fork	40	2.25		
UF 120-OL	Urban Farming - Seed-to-Sale	20	1.25		
UF 140-OL	Urban Farming Externship	25	0.50		
	MINOR	100	5.00		
UF 200-OL	Urban Agriculture Educator - Got food...Now What?	20	1.25		
UF 210-OL	Urban Agriculture Educator - Herbology Introduction	16	0.75		
UF 220-OL	Urban Agriculture Educator - Advanced Growing Techniques	28	1.75		
UF 230-OL	Urban Agriculture Educator - Small Livestock	16	1.00		
UF 240-OL	Urban Agriculture Educator - Sharing Sustainability	20	1.00		
	MAJOR	200	10.75		

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