



**Associate in Occupational Studies Degree in
Mind Body Transformational Psychology ONLINE (AOS/MBTP-OL)**
60 Credits - 2 Years / 24 months / 104 weeks full time

AOS GENERAL EDUCATION REQUIREMENTS

Code	Course	Hours	Credit	Pre-Requisites	Course Date
BC 105-OL	Business Writing ONLINE	15	1.00		
BC 111-OL	Public Speaking and Writing for Publication ONLINE *	40	2.50		
BC 402-OL	Seminar & Presentation ONLINE	15	1.00		
BC 550-OL P\$	Life Coaching - Foundation ONLINE*	20	1.25		
CC 140-OL	Developmental Psychology - Awaken the Heroes Within ONLINE	30	2.00		
CC 250-OL	Psychology Theories - Honoring the Masters ONLINE	30	2.00		
CC 305-OL	Ethical Consciousness ONLINE *	24	1.50		
HH 500-OL	Sustainability & Conscious Living ONLINE ‡	15	1.00		
HN 121-OL	Foundations of Transformational Healing & Holistic Nutrition ONLINE †	40	2.50		
NC 120-OL	Stress Management ONLINE	15	1.00		
	Subtotal	244	15.75		

AOS & MIND BODY CORE COURSES

AR 100-OL	Aromatherapy - Introduction ONLINE	20	1.25		
CC 120-OL	Intuitive Studies - Introduction ONLINE	30	2.00		
EC 120-OL	Energy Anatomy ONLINE	68	4.00		
HY 101-OL	Hypnotherapy – Foundations Level I ONLINE	20	1.25		
SM 150-OL	Ayurveda - Introduction ONLINE	30	2.00		
	Subtotal	168	10.50		

TRANSFORMATIONAL PSYCHOLOGY & SPIRITUAL STUDIES CORE COURSES

CC 115-OL	Alternative Lifestyles & Diversity ONLINE	30	2.00		
CC 130-OL	Psychology of Addiction - Understanding the Shadow ONLINE	30	2.00		
SP 151-OL	Comparative Religion - Unity & Tolerances ONLINE	25	1.75		
SP 275-OL	Prayer Therapy ONLINE	15	1.00		
SP 430-OL	Death, Dying and Hospice ONLINE	15	1.00		
	Subtotal	115	7.75		

PRE-ELECTED COURSE(S) BASED ON HWP-OL SPECIALTY / CONCENTRATION COMBINATION

UF 240-OL	Urban Farming Educator - Sharing Sustainability ONLINE	20	1.00		
	Subtotal	20	1.00		

HOLISTIC WELLNESS PRACTITIONER DIPLOMA SPECIALTY (DETAILS ON FOLLOWING PAGE)

Code	Program	Hours	Credits
HWP-OL	HOLISTIC WELLNESS PRACTITIONER DIPLOMA ONLINE	600	33.75

* Denotes courses that are satisfied in the Holistic Wellness & Entrepreneurial requirements

† Denotes courses that are satisfied in the Holistic Wellness Holistic Nutrition Certificate

‡ Denotes courses that are satisfied in the Holistic Wellness Urban Farming Certificate



DIPLOMA
Holistic Wellness Practitioner (HWP-OL)
Specializing in Holistic Nutrition & Urban Farming and Conscious Living

HOLISTIC WELLNESS & ENTREPRENEURIAL REQUIREMENTS

Code	Course	Clock	Credit	Pre-Requisites	Course Date
AR 121-OL	Aroma-Auriculotherapy ONLINE	40	2.50		
AR 133-OL	Flower Essences ONLINE	16	1.00		
BC 111-OL	Public Speaking & Writing for Publication ONLINE	40	2.50		
BC 555-OL	Entrepreneurial Business Development ONLINE	40	2.50		
BC 550-OL P\$	Life Coaching – Foundation ONLINE	20	1.25		
BC 561-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 1 ONLINE	40	2.00	BC 550-OL	
BC 562-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 2 ONLINE	40	1.75	BC 561-OL	
CC 305-OL	Ethical Consciousness ONLINE	24	1.50		
RF 150-OL	Toe Reading - Reflexology Assessment I - Elemental ONLINE	16	0.50		
SC 210-OL	Homeopathic Remedies - Introduction ONLINE	24	1.50		
Subtotal		300	17.00		

HOLISTIC NUTRITION SPECIALIST (CERTIFICATE OF EXCELLENCE)

HN 121-OL	Nutrition - Foundations of Transformational Healing & Holistic Nutrition ONLINE	40	2.50		
HN 122-OL	Nutrition - Understanding Micronutrients, Macronutrients, and Supplements for Optimum Health ONLINE	40	2.50	HN101 & HN120 or HN121-OL	
HN 151-OL	Nutrition - Conscious Eating, Behavior Modifications, & Dietary Systems ONLINE	40	2.50	HN101 & HN120 or HN121-OL	
HN 221-OL	Nutrition - Examining Whole & Raw Foods ONLINE	40	1.75	HN101 & HN120 or HN121-OL	
HN 251-OL	Nutrition - Nutritional Assessment & Client Coaching ONLINE	40	2.50	HN101, HN102, & HN150 or HN121-OL, HN122-OL, & HN151-OL	
Subtotal		200	11.75		

URBAN FARMING AND CONSCIOUS LIVING (CERTIFICATE OF EXCELLENCE)

HH 500-OL	Sustainability & Conscious Living ONLINE	15	1.00		
UF 100-OL	Urban Farming - Field-to-Fork ONLINE	40	2.25		
UF 120-OL	Urban Farming - Seed-to-Sale ONLINE	20	1.25	UF 100-OL	
UF 140-OL	Urban Farming Externship ONLINE	25	0.50	HH 500-OL & UF 100-OL	
Subtotal		100	5.00		

Code	Program	Total Hours	Total Credits
AOS/MBTP-OL	Associate of Occupational Studies Degree in Mind-Body Transformational Psychology ONLINE	408	26.25
HWP-OL	Holistic Wellness Practitioner ONLINE	600	33.75
TOTALS		1008	60.00

Student _____ Advisor _____

Our 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.