



## Associate of Occupational Studies in Holistic Health Care Concentration in: Western Herbalism (AOS/C-WH)

60 Credit Hours/1062 Classroom Hours  
96 Instructional Weeks/104 Calendar Weeks  
24 Months Full Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
BC 601	Mission Possible (Stat, Basic Finance, Bus Writing)	45	3.00		
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
CC 440	Western Herbalism - Applied Ethics	15	1.00	WH 100	
SC 250	Botany	45	3.00		
HN 121	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
SC 240	Herbal Sciences	62	3.50		
TC 150	Building Resiliency and Stress Management	24	1.50		
<b>AOS GENERAL EDUCATION REQUIREMENTS SUBTOTAL</b>		<b>261</b>	<b>16.5</b>		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
BC 542	Applied Entrepreneurship	45	3.00		
CC 450	Conscious Living and Urban Farming	30	2.00		
WH 100	Western Herbalism - Breaking Ground: Foundations of American Herbal Studies	30	2.00		
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	
WH 275	Western Herbalism - Herbal Flowers	16	1.00		
WH 280	Western Herbalism - Herbal Bio Arts Clinic Preparations	45	3.00	WH 230	
WH 305	Western Herbalism - Practicum	60	1.25	WH 240	
WH 360	Western Herbalism - Internship/Externship - Awakening	49	1.00	WH 100	
WH 377	Western Herbalism - Formulary Practicum	18	0.75	WH 240	
WH 250	Western Herbalism - Herbal Specialties Babies & Children	8	0.50		
WH 256	Western Herbalism - The Green Man	12	0.75		
WH 265	Western Herbalism - The Herbal Goddess	18	1.00		
WH 291	Western Herbalism - Desert Medicines	8	0.25		
WH 365	Western Herbalism - Manufacturing & Remedy Production	14	0.50		
WH 276	Western Herbalism - Plants and People	10	0.25		
<b>WESTERN HERBALISM CORE COURSES SUBTOTAL</b>		<b>583</b>	<b>29.50</b>		
<b>CHOOSE 14 CREDITS OF SPECIALTIES AND/OR ELECTIVES</b>					
SPECIALTY COMBINATION *Please see advisor for list of other available elective choices that will complement your chosen specialty.					
AR	Aromatherapy	100	5.50		
HN	Holistic Nutrition	160	9.00		
HY	Hypnotherapy	100	4.75		
LC	Life Coaching	80	3.75		
WFC	Whole Foods Culinary Specialist	100	3.50		
YO	Yoga Teacher Training	200	6.25		
ELECTIVE COMBINATION THAT COMPLEMENTS ABOVE SPECIALTY CHOICES *Please see advisor for list of other available elective choices that will complement your chosen specialty.					
<b>Recommended Electives</b>					
AR 100	Aromatherapy - Intro	20	1.25		
AR 101	Aromatherapy Advanced	32	2.00		
AR 110	Aromatherapy - Pharmacology	8	0.25		
AR 106	Aromatherapy For the Spirit	20	1.25		
AR 120	Aromatherapy - Therapeutic Touch	8	0.25		
AR 115	Aromatherapy - Foot Chakra Reflexology	8	0.25		
AR 109	Aromatherapy - Ginger Compress	4	0.25		
AR 300	Aromatherapy - Toning & Detox	4	0.25		
AR 118	Aromatherapy - Wellness for Women	8	0.25		
AR 410	Aromatherapy - 5 Element Acupressure for Emotional Healing	20	0.75		
AR 132	Flower Essences	16	1.00		
CC 130	Psychology of Addiction: Understanding the Shadow	30	2.00		
<b>SPECIALTIES &amp; ELECTIVES SUBTOTAL</b>			<b>13.00</b>		
<b>TOTAL</b>		<b>1062</b>	<b>60.00</b>		

SWIHA's mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.