



## Associate of Occupational Studies in Holistic Health Care Concentration in: Professional Massage Practitioner (AOS/C-MT 750)

60 Credit Hours

1131-1334 Classroom Hours

24 Months Full Time

36 Months Part Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
BC 200	Basic Finance	16	1.00		
BC 105	Business Writing	15	1.00		
BC 550 P\$	Life Coaching - An Introduction	20	1.25		
CC 302	Mastery Skills for Practitioners	30	2.00		
HN 121	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
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		
HH 500	Sustainability & Conscious Living	15	1.00		
BC 410	Writing for Publication	15	1.00		
	<b>AOS GENERAL EDUCATION REQUIREMENTS SUBTOTAL</b>	<b>242</b>	<b>15.75</b>		
SM 150	Ayurveda - Introduction	30	2.00		
BC 530	Introduction to Holistic Entrepreneurship	15	1.00		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
SC 455	Exercise Wellness & Intro to Yoga	30	2.00		
	<b>AOS CORE COURSES SUBTOTAL</b>	<b>115</b>	<b>7.25</b>		
MT 115	Anatomy	60	4.00		
BC 302	Business Practices for Massage Therapists	12	0.75		
CC 100	Communication Skills for Practitioners I	15	1.00		
CC 101	Communication Skills for Practitioners II	15	1.00	CC 100	
MT 530	CPR Certification	4	0.25		
BC 301	Ethics for Massage Therapists	8	0.50		
MT 521	First Aid	8	0.25		
MT 151	Kinesiology - Anatomical Applications	36	2.25	MT 115	
SC 415	Pathology - BW	40	2.50		
MT 500	Physiology	60	4.00		
BC 110	SOAP Notes	6	0.25		
	<b>PROFESSIONAL MASSAGE CORE COURSES SUBTOTAL</b>	<b>264</b>	<b>16.75</b>		
MT 200	Swedish Massage*	40	1.25		
EV 003	Massage Clinic Orientation **	-	-		
MT 750	Massage Clinic - Supervised MT 750	75	1.50	MT 200 or LICENSED	
PC 850	Cranial Unwinding I	20	1.00		
TE 220	Deep Tissue Sculpting	24	0.75	MT 200 or LICENSED	
MT 400	Myotherapy - 7 Step Release	40	1.25	MT 200 or LICENSED	
TE 560	Reflexology - Introduction ***	8	0.25		
	<b>PROFESSIONAL MASSAGE HANDS-ON COURSES SUBTOTAL</b>	<b>207</b>	<b>6.00</b>		
<b>CHOOSE 14.25 CREDITS OF SPECIALTIES AND/OR ELECTIVES</b>					
AR	Aromatherapy	100	5.50		
CRA	Cranial Unwinding	180	7.50		
MEDM	Medical Massage	100	3.75		
MYF	Myofascial	100	3.00		
TM1	Myotherapy	200	6.25		
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	200	7.50		
RE	Reiki	100	2.75		
ST	Spa Treatments	200	7.50		
SPT	Special Touch	100	3.00		
	<b>SPECIALTIES &amp; ELECTIVES SUBTOTAL</b>		<b>14.50</b>		
	<b>TOTAL</b>		<b>60.00</b>		

**OTHER AVAILABLE MASSAGE ELECTIVE COURSES**

EL 600	Canine Massage	4	0.25		
HH 320	Castor Oil Cleansing Therapy	8	0.25	MT 200 or Licensed	
MT 300	Corporate Chair Introduction	4	0.25	MT 200 or Licensed	
EL 220	Face Lift Acupressure	4	0.25		
TE 511	Stretching Your Client with Advanced Draping Techniques	4	0.25	MT 200 or Licensed	
TE 740	TMJ Release	4	0.25	MT 200 or Licensed	
TE 512	Posture for Massage Therapists	5	0.25		

\*Required Courses for Massage

\*\*Required Orientation before scheduling into the massage clinic.

\*\*\*If Reflexology Specialty is taken as part of the MT750 program, TE560 Reflexology - Introduction is no longer required for the MT750 Diploma

The following classes are not eligible to be used for clinic hours in the MT-750 hour programs:

EC 795 Reiki Clinic Transformational

PC 930 Polarity - Sessions given for Associate Polarity Practitioner

RF 103 Reflexology Clinic

EC 799 Reiki Clinic Traditional

HY 300 Hypnotherapy III

PC 970 Polarity - Sessions given for Registered Polarity Practitioner

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Student \_\_\_\_\_ Date \_\_\_\_\_

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Advisor \_\_\_\_\_ Date \_\_\_\_\_

*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.*