



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

60 Credit Hours
1050 Classroom Hours
24 Months Full 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 and 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		
	AOS GENERAL EDUCATION REQUIREMENTS SUBTOTAL	242	15.75		
SM 150	Ayurveda - Introduction	30	2.00		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
	AOS CORE COURSES SUBTOTAL	70	4.25		
SC 250	Botany	45	3.00		
SC 425	Pathology - WH	40	2.50	MT 500	
MT 500	Physiology	60	4.00		
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 300	Western Herbalism - Externship - Flight	60	1.25	WH 240	
WH 355	Western Herbalism - Master Project	49	1.00	WH 100	
	WESTERN HERBALISM CORE COURSES SUBTOTAL	525	27.75		
HN122	Nutrition – Understanding Micronutrients, Macronutrients, and Supplements for Optimum Health	40	2.50	HN101 & HN120 or HN121	
HN 111	Nutrition - Principles of Conscious Eating and Behavior Modification	20	1.25		
HN 155	Nutrition - Comparative Dietary Systems	20	1.25	HN101 & HN120 or HN121	
NC 200	Nutrition - Whole Food Cooking	20	0.50	None	
HN 222	Nutrition - Raw Food Cuisine	20	1.25	HN101 & HN120 or HN121	
HN 251	Nutrition - Nutritional Assessment & Coaching	40	2.50	Any 2 of the following courses: HN101, HN120, HN 121, HN 150, or HN 151	
	HOLISTIC NUTRITION CORE COURSES SUBTOTAL	160	9.25		
	ELECTIVES	45-100	3.00		45
	TOTAL	1042-1097	60.00		

SWIHA's mission is to inspire individuals to discover their gifts and graces, and support them as they

Student _____ Date _____

Advisor _____ Date _____