



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

60 Credit Hours/1131-1334 Classroom Hours
96 Instructional Weeks/104 Calendar Weeks
24 Months Full Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
TC 150	Building Resiliency and Stress Management	24	1.50		
HN 121	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
BC 601	Mission Possible (writing, research, finance)	45	3.00		
SC 415	Pathology - BW	40	2.50		
MT 500	Physiology	60	4.00		
TC 630	Somatic Psychology 1: The Neuroscience of Regulation & Trauma	30	2.00		
TC 640	Somatic Psychology 2: The Subtle Body	30	2.00		
AOS GENERAL EDUCATION REQUIREMENTS SUBTOTAL		269	17.5		
BC 550	Life Coaching - Foundations	20	1.25		
BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
PC 100	Polarity - Basic I	20	1.00		
BC 542	Applied Entrepreneurship	45	3.00		
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	
BC 110	SOAP Notes	6	0.25		
PROFESSIONAL MASSAGE CORE COURSES SUBTOTAL		304	18.75		
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	
CB 400	Mother Touch	8	0.25		
MT 400	Myotherapy - 7 Step Release	40	1.25	MT 200 or LICENSED	
RF 201	Reflexology - A Western Approach	20	0.75		
PROFESSIONAL MASSAGE HANDS-ON COURSES SUBTOTAL		227	6.75		
CHOOSE 17 CREDITS OF SPECIALTIES AND/OR ELECTIVES					
AR	Aromatherapy	100	5.50		
CHP	Clinical Hypnotherapy Practitioner	190	9.25		
CRA	Cranial Unwinding	180	7.50		
HN	Holistic Nutrition	160	9.25		
HY	Hypnotherapy	100	4.75		
IG	Intuitive Guide	100	4.75		
LC	Life Coaching	80	3.75		
MEDM	Medical Massage	100	3.75		
MYF	Myofascial	100	3.00		
TM1	Myotherapy	160	5.00		
POL-APP	Polarity - Associate Polarity Practitioner	160	7.00		
RF	Reflexology	80	3.25		
RE	Reiki	100	3.00		
ST	Spa Treatments	180	6.50		

SPT	Special Touch	92	3.00	
YO-N	Yoga Nidra	100	4.5	
YO- BP	Yoga - Body Psychology	100	4.5	YTT 200, APP, or MT****
YO	Yoga Teacher Training	200	6.25	
	SPECIALTIES & ELECTIVES SUBTOTAL		17.00	
	TOTAL		60.00	

OTHER AVAILABLE MASSAGE ELECTIVE COURSES

EL 220	Face Lift Acupressure	4	0.25	
EL 600	Canine Massage	4	0.25	
MT 363	Massage - Sideline Techniques	16	0.50	
MT 300	Corporate Chair Introduction	4	0.25	MT 200 or Licensed
MT 600	Safe-Touch for Massage Therapy	16	0.75	
MT 605	Neurotouch	20	1.00	
MT 604	Advanced Lymphatic Massage	8	0.25	
OE 640	Thai Foot Massage	20	0.50	
RF 202	Reflexology - Pathology & Assessment for Bodyworkers	20	0.75	
RF 203	Reflexology - Emotional Balance & Being for Bodyworkers	20	0.75	
OE 620	Thai Massage	40	1.25	
TE 142	Scar Tissue	8	0.25	
TE 422	Medical Conditions - Deep & Light Touch	16	1.00	
TE 662	Hydrotherapy/Injury Management	20	0.75	

*Required Courses for Massage

**Required Orientation before scheduling into the massage clinic.

**** YTT 200 must be completed if student wants to teach group yoga or pursue Yoga Therapy coursework with Amrit Yoga Institute.

Student Date

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.

